

# BACH FLOWER REMEDY

Our  
Notes

Mamatha &  
Yogananda





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# BACH FLOWER REMEDY

## Our Notes

Mamatha Jeppu & Yogananda Jeppu



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**Disclaimer:** This work is a collection of material taken from many sources. It provides a good description of Bach Remedies and its connection to emotions and chakras. This has been created primarily for personal use. We will print it out in color and keep a copy at home. The Bach Remedies described here are medicines in a manner and need expert guidance for proper treatment for illness. Use this book as a reference to understand but while using the remedies for self and others please consider taking professional and expert help always. Emotional ailments could be serious and will require professional help. Use of this book for personal medication is not advised by us.


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We offer this floral tribute at the lotus feet of Almighty. We seek His blessings that this work be useful to many.



# Start notes

I don't know how Mamatha found the Bach Remedies. It was perhaps a google search. I remember her telling me that if I needed a promotion I need to take these flower remedies. I said "hmmmm". She discovered ailments and their associated Bach remedies. I had a look at one of the books available and found the concept of only 38 fixed remedies very interesting. This is slightly higher than the 12 tissue salts, another of our favorite set of remedies at home. But it could do "magic" too. I bought two books online and discovered that Kindle Unlimited had still more books. I have a membership so I could read up the books. I found that these remedies were available online and I got our first set of remedies along with other homeopathic supplies. The first remedy that I tried was for my impatience (Impatiens) and procrastination (the Monday Blues - Hornbeam) I was going through. It really helped me. I got another set of Bach Remedies. And then we had the nation wide lockdown and we were stuck at home with lot of time and lots of tension and stress. The lockdown time and worrying about our children stuck at different locations made us take Red Chestnut. This helped a lot. We could maintain the level of realism and could take decisions.

We tried to discover what these flowers were and the beautiful flowers on the Wiki were an eye openers. The positive vibration of these flowers could "definitely cure" – we felt. Mamatha had started her notes by then and we were keeping record of the medications we were taking and analyzing our emotions. I was stuck at home with a long fortnight leave and I started making a power point presentation from the notes. This book is basically that. This is our set of notes as we discovered the remedies and went deeper into emotions, chakras, color codes, and comparing with Ayurveda, Mudras, and Homeopathy.

The Chakras, interested us as we were studying them and we have been using Mudras and they again have a connection to the Chakras. We found a list of ailments and their corresponding Chakras. This list had about 200 odd ailments listed. We added a few additional taking them from the repertory of Bach Remedies. We did a little statistical analysis and realized that there is a good correlation between the Chakra seven groupings and the Bach groupings.

# Start notes

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We were impressed by CM Barrett's book and his way of categorizing the Bach remedies. We were very happy to read the fictional stories that define the person needing the remedy. This inspired us to write Pushpagana at the end. This is sort of a play with the characters who represent the Bach remedies. The positives and negatives and the additional help that can be done to bring up the positive behaviors is narrated as a dialogue. We have enjoyed making this up.

We are providing this under creative commons. We hope you enjoy our journey to health through emotions!

We have the third edition of the this book available on Amazon <https://amzn.eu/d/6mVICQU>

We have a ChatGPT interview on Bach Remedies here. Chatting on Bach Remedies  
[https://drive.google.com/file/d/1nruABgNiY0D-66Z\\_Kuhamcn9uU-gEUkt/view](https://drive.google.com/file/d/1nruABgNiY0D-66Z_Kuhamcn9uU-gEUkt/view)

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Mamatha Jeppu  
Yogananda Jeppu



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“ *The mind being the most delicate and sensitive part of the body, shows the onset and the course of disease much more definitely than the body, so that the outlook of mind is chosen as the guide as to which remedy or remedies are necessary.*

*In illness there is a change of mood from that in ordinary life, and those who are observant can notice this change often before, and sometimes long before, the disease appears, and by treatment can prevent the malady ever appearing. When illness has been present for some time, again the mood of the sufferer will guide to the correct remedy.*

*Take no notice of the disease, think only of the outlook on life of the one in distress.* ”

- Dr Edward Bach



# Our notes on Dr Bach

Dr Edward Bach (pronounced as Batch by the medical community) (24 September 1886 – 27 November 1936) developed the Bach Remedies, which people were skeptical initially, but now is adapted worldwide. He wanted to develop a simple system of medication that a person could easily follow. He did extensive research on the subject and after discovering the 38 flower remedies he wrote the book “The Twelve Healers and Other Remedies” which was published on his 50<sup>th</sup> birthday on September 24th 1936. He had written many intermediate books earlier as and when he discovered the remedies. He was in a habit of destroying all notes after the final publication. He meant this to avoid confusion. Nora Weeks writes - *“He felt in this way there would be no conflicting accounts to puzzle the learner; his aim being to make the healing of disease a simple matter, and so remove the fear present in the minds of most at the thought of illness. - (Nora Weeks)”*

There is much written about Dr Bach and his work. There is very little material about his personal life. He was married twice and he had a daughter by his wife Kitty Emmeline Jane Bach (born Light) named Evelyn Mary Bach, born in a hospital in London on January 13, 1916. As a follower of Hippocrates, Dr Bach believed that healing should be gentle, painless and non invasive. Often, he observed that the medicine or treatment given were very painful and in some cases, even more painful than the disease itself. He had a personal experience of this in 1917 when he was operated upon and given three months to live. His life is truly fascinating in its simplicity, hardship and determination.

We present his story as a simple timeline here that covers the major events in his life.

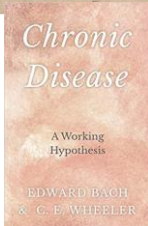
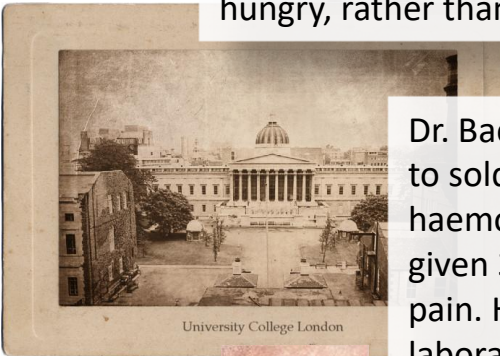


# Our notes on Dr Bach – Life Timeline

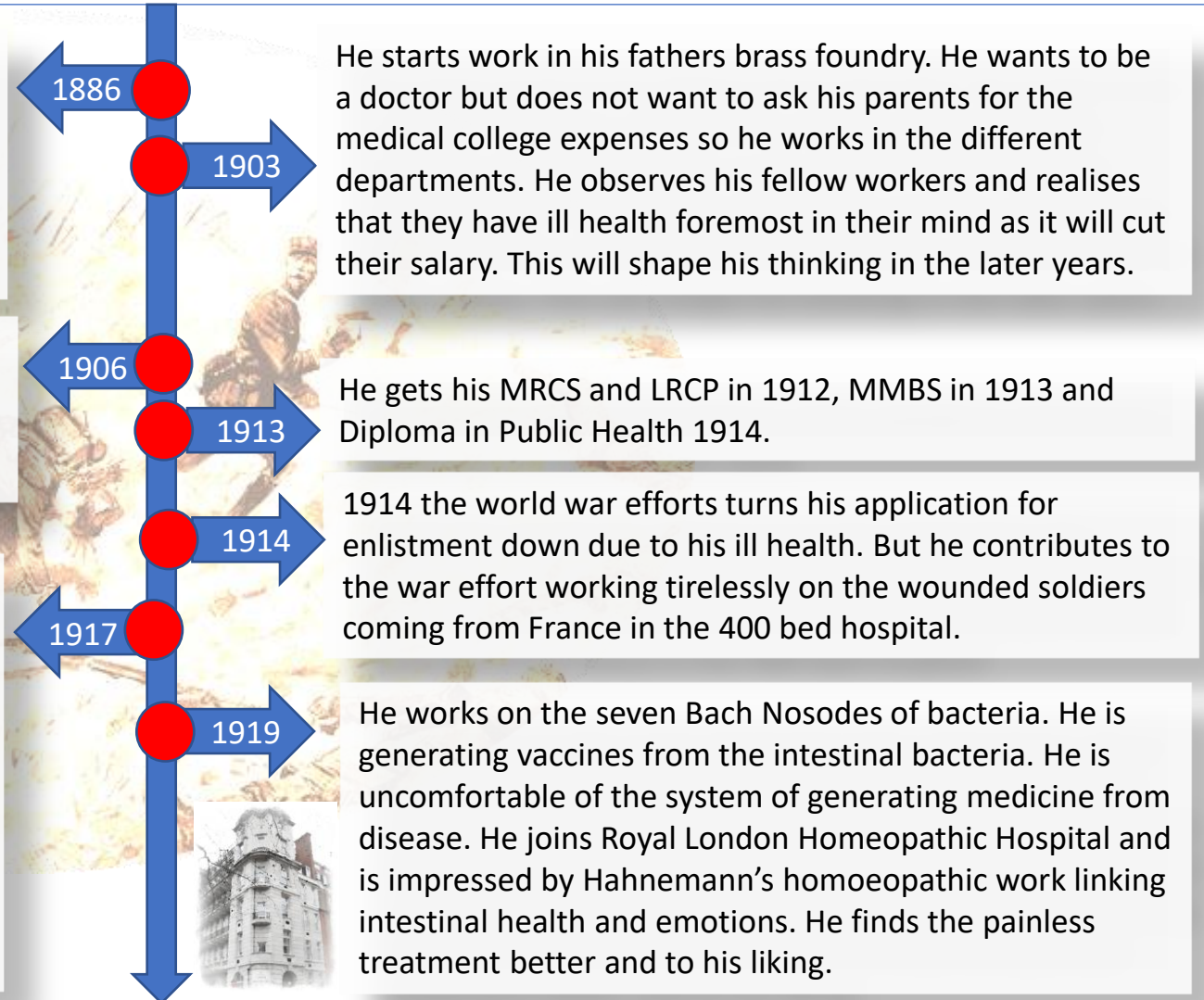


Dr Edward Bach is born in Mosely a village 3 miles from Birmingham in Warwickshire, UK. He is the eldest of two boys and girl. He is acutely sensitive and intuitive as a child. As a boy he spends his holidays in the Welsh mountains sleeping outside, communing with Nature.

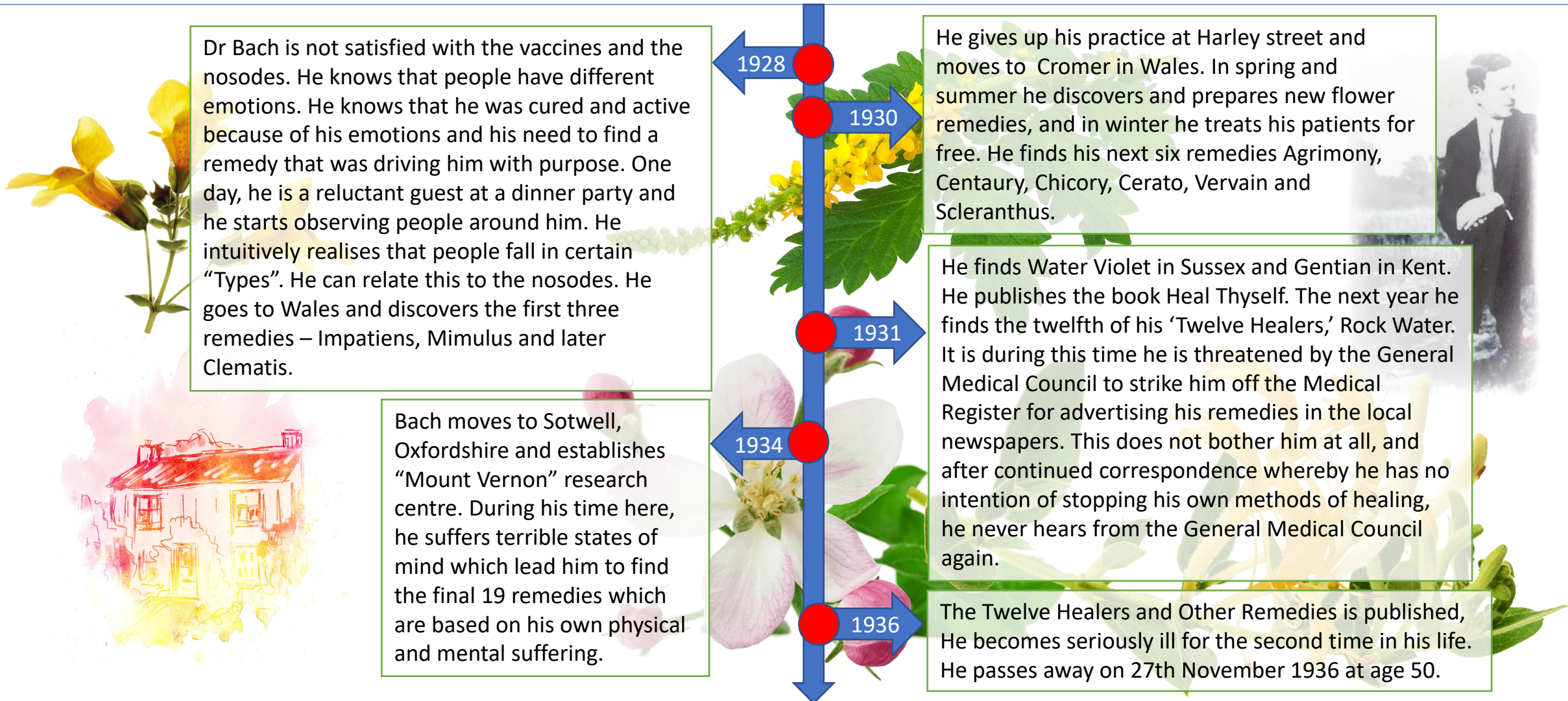
His father pays his allowances and he joins the Birmingham University and later University College of London. He faces many financial hardships, often going hungry, rather than reach out to his parents.



Dr. Bach is working in the wards tending to soldiers. He collapses with internal haemorrhage. He is operated upon and given 3 months of life. He is in terrible pain. He starts working in earnest in the laboratory and does not realise that the 3 months have passed by and that he is healthier than before. The person who operates him remarks on one chance meeting "Good God Bach. You are dead"



# Our notes on Dr Bach – Life Timeline





# Our notes on Preparation of Remedy

The flowers should be plucked at about 9 AM when they are in full bloom. Fill a glass bowl with pure spring water and snip flowers so that they fall directly into the water. Avoid touching the flowers or the water and do not allow your shadow to fall on the bowl. Cover the water with the blooms. They should just float. Leave this near the plant in full sunshine for about 3 hours or till the flower show signs of fading. You will find bubbles in the water. Discard the flower head taking care not to touch the water. Take a dropper bottle, half filled with brandy, and pour the energised water into the dropper bottle to make the tincture.



The 18 remedies that have tougher twigs the boiling method is used to extract the essences. Early spring time gather the twigs with the flowers in a stainless steel vessel or pot. Do not touch them with your hands. Cover the vessel with a lid and take it home. Add good spring water to this. Boil them uncovered for half an hour. Take the vessel outside and let it cool in air. Let the sediments settle down after removing the twigs. Cover a glass jug with filter paper and pour the energised water from another jug slowly. Fill half the dropper bottle with brandy and add the filtered energised water to make the tincture.



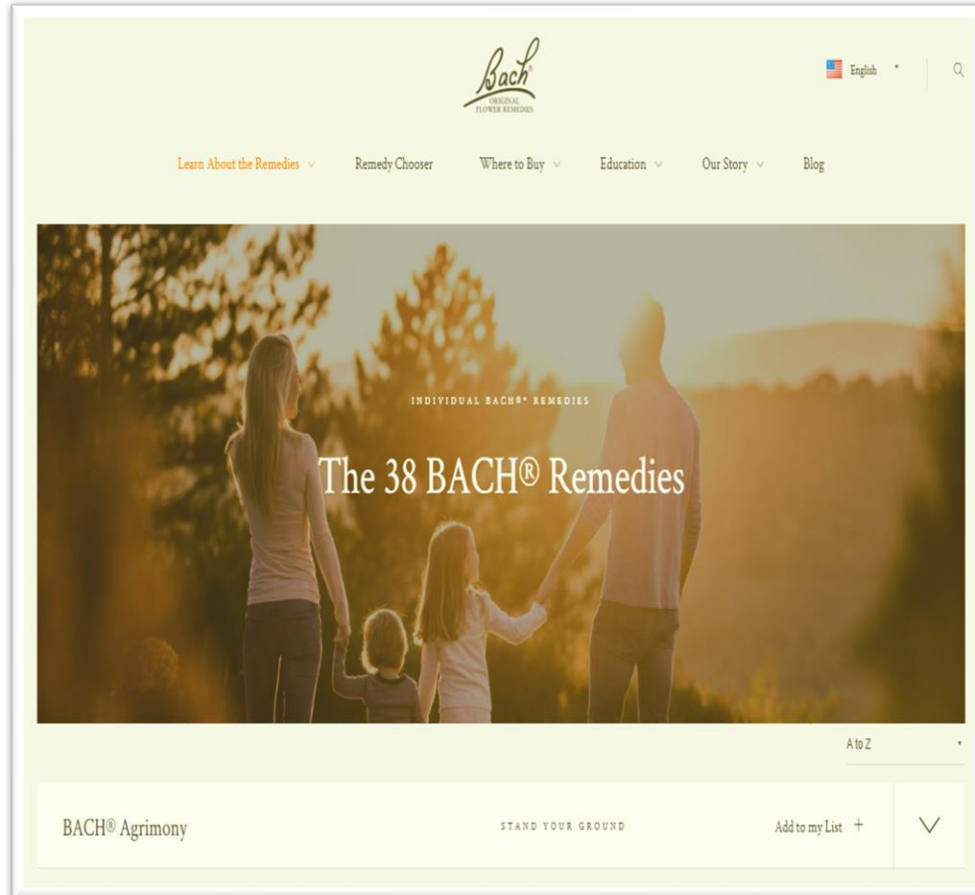


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## The Bach Flower Remedy



<https://www.bachremedies.com/en-us/the-remedies/individual-remedies>

Last accessed : June 1, 2020

The following information is taken from this website. There is a lot of information here to learn about BACH remedies. Look at the references at the end of this book for more websites and books. We present the Disc of Bach remedies here. There are two sets of the same disc. Each is rotated to enable easier read. You can print and keep a copy of this separately. It summarizes the remedies and the seven categories as defined by Dr Bach. The color codes are taken from the chakras covered later. Later, in this section, we summarize each of the seven categories with words from Dr Bach's book "The Twelve Healers and Other Remedies" for each remedy and present it as a colorful table. We have found similar material on the internet in our search for reading material.



Uncertainty - Know Your Mind

Over care for the welfare of others - Live & Let Live

Loneliness - Reach Out to Others

Oversensitivity to influences and ideas - Stand Your Ground

Despondency and despair - Find Joy & Hope

Insufficient interest in present circumstances - Live the Day

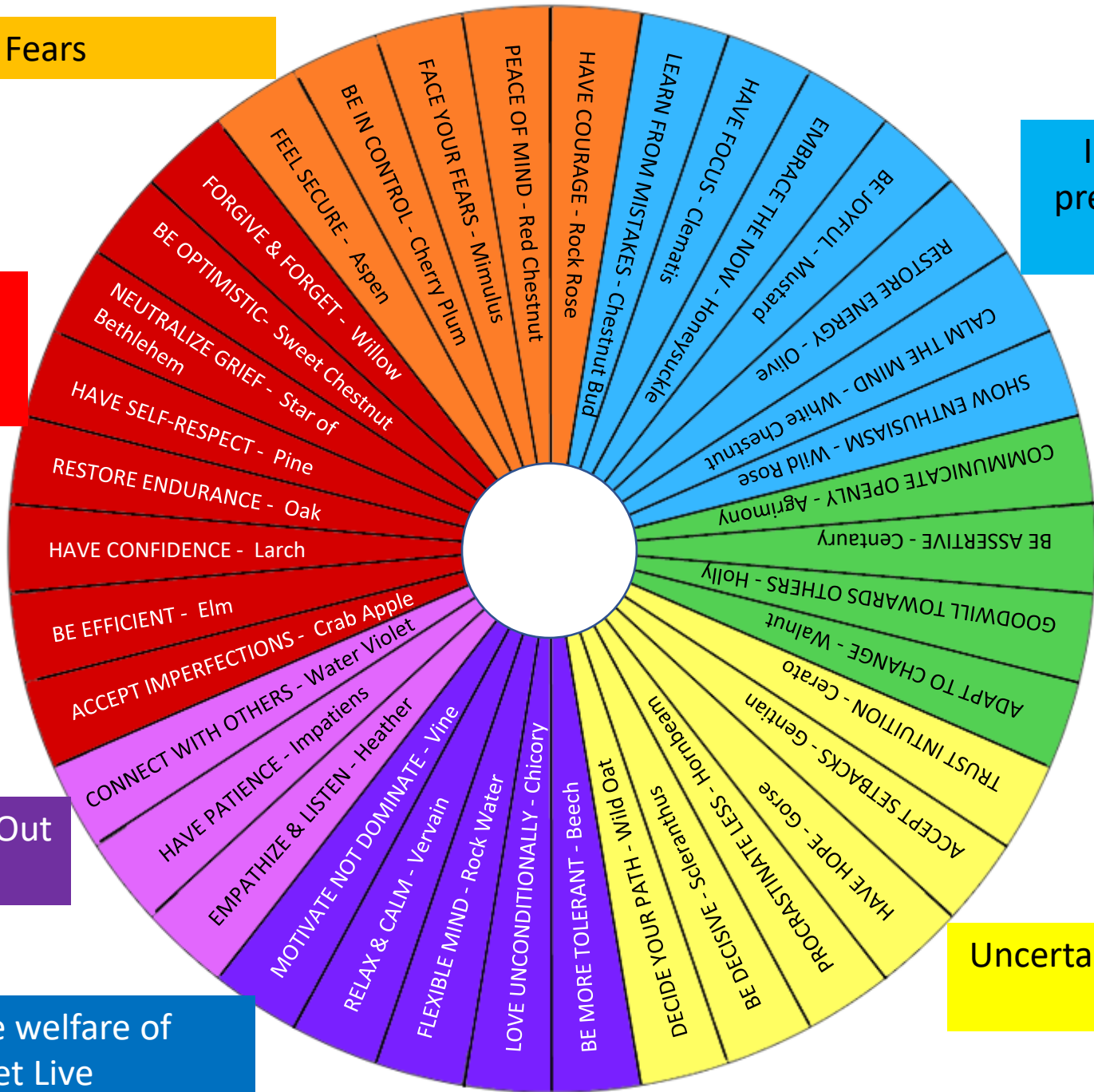


Fear - Face Your Fears

Despondency and despair - Find Joy & Hope

Loneliness - Reach Out to Others

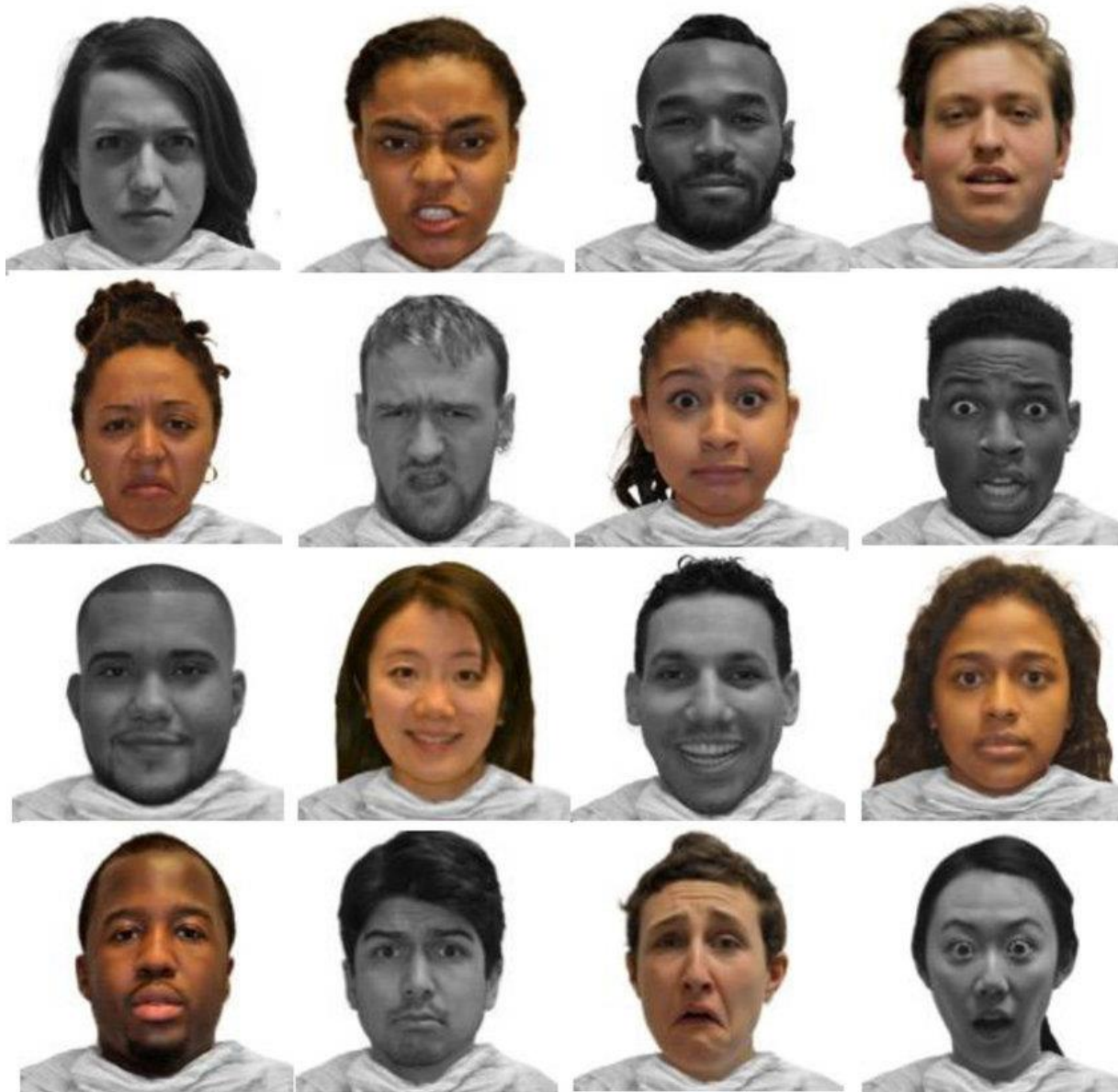
Over care for the welfare of others - Live & Let Live



Insufficient interest in present circumstances - Live the Day

Oversensitivity to influences and ideas - Stand Your Ground

Uncertainty - Know Your Mind



Examples of the 16 expressions in color and black and white. From top left: Angry (closed), Angry (open), Calm (closed), Calm (open), Disgust (open), Disgust (closed), Fear (closed), Fear (open), Happy (closed), Happy (open), Happy (exuberant), Neutral (closed), Neutral (open), Sad (closed), Sad (open), Surprise

**The flowers treat these emotions.**

Conley, May & Dellarco, Danielle & Rubien-Thomas, Estee & Cohen, Alexandra Ochoa & Cervera, Alessandra & Tottenham, Nim & Casey, Bj. (2018). The racially diverse affective expression (RADIATE) face stimulus set. *Psychiatry Research*. 270. 10.1016/j.psychres.2018.04.066.



"Vague unknown fears, for which there can be given no explanation, no reason. Yet the patient may be terrified of something terrible going to happen, he knows not what. These vague unexplainable fears may haunt by night or day. Sufferers often are afraid to tell their trouble to others." \*

"Fear of the mind being over-strained, of reason giving way, of doing fearful and dreaded things, not wished and known wrong, yet there comes the thought and impulse to do them." \*

"Fear of worldly things, illness, pain, accidents, poverty, of dark, of being alone, of misfortune. The fears of everyday life. These people quietly and secretly bear their dread, they do not freely speak of it to others." \*

"For those who find it difficult not to be anxious for other people. Often they have ceased to worry about themselves, but for those of whom they are fond they may suffer much, frequently anticipating that some unfortunate thing may happen to them." \*

"The remedy of emergency for cases where there even appears no hope. In accident or sudden illness, or when the patient is very frightened or terrified, or if the condition is serious enough to cause great fear to those around. If the patient is not conscious the lips may be moistened with the remedy." \*

**ASPEN**  
*FEEL SECURE*  
**Vibe: Fearlessness**

Aspen encourages the positive potential to maintain a state of inner peace and security, regaining assurance of mind. |

**CHERRY PLUM**  
*BE IN CONTROL*  
**Vibe: Composure**

Cherry Plum encourages the positive potential to find clarity in chaotic moments, and to think rationally. |

**MIMULUS**  
*FACE YOUR FEARS*  
**Vibe: Courage**

Mimulus encourages the positive potential to face your fears and difficulties with courage. |

**RED CHESTNUT**  
*PEACE OF MIND*  
**Vibe: Solitude**

Red Chestnut encourages the positive potential of peace of mind, to care for others with compassion but without the worry. |

**ROCK ROSE**  
*HAVE COURAGE*  
**Vibe: Steadfastness**

Rock Rose encourages the positive potential of strong will and courage, especially in the face of emergencies. |

“Those who have not sufficient confidence in themselves to make their own decisions. They constantly seek advice from others, and are often misguided.” \*

“Those who are easily discouraged. They may be progressing well in illness or in the affairs of their daily life, but any small delay or hindrance to progress causes doubt and soon disheartens them.” \*

“Very great hopelessness, they have given up belief that more can be done for them. Under persuasion or to please others they may try different treatments, at the same time assuring those around that there is so little hope of relief.” \*

“For those who feel that they have not sufficient strength, mentally or physically, to carry the burden of life placed upon them; the affairs of every day seem too much for them to accomplish, though they generally succeed in fulfilling their task. For those who believe that some part, of mind or body, needs to be strengthened before they can easily fulfil their work.” \*

“Those who suffer much from being unable to decide between two things, first one seeming right then the other. They are usually quiet people, and bear their difficulty alone, as they are not inclined to discuss it with others.” \*

“Those who have ambitions to do something of prominence in life, who wish to have much experience, and to enjoy all that which is possible for them, to take life to the full.” \*

**CERATO**  
*TRUST INTUITION*  
**Vibe: Inner Certainty**

**GENTIAN**  
*ACCEPT SETBACKS*  
**Vibe: Faith**

**GORSE**  
*HAVE HOPE*  
**Vibe: Hope**

**HORNBEAM**  
*PROCRASTINATE LESS*  
**Vibe: Inner Vitality**

**SCLERANTHUS**  
*BE DECISIVE*  
**Vibe: Balance**

**WILD OAT**  
*DECIDE YOUR PATH*  
**Vibe: Purposefulness**

Cerato encourages the positive potential to encourage strength of mind, find trust in your own inner wisdom, and follow it. |

Gentian encourages the positive potential to put mistakes in context, cope with setbacks, pessimism, and negative outlooks. |

Gorse encourages the positive potential to regain the willpower to fight on, regaining faith and hope. |

Hornbeam encourages the positive potential to be certain in your ability, and “face the day ahead”. Shake off that “Monday morning feeling,” and cope with the demanding day ahead. |

Scleranthus encourages the positive potential of certainty and decisiveness. |

Wild Oat encourages the positive potential to decide on the right path for your future. |

\* The Twelve Healers and Other Remedies - The definitive edition - Edward Bach

| [bachremedies.com](http://bachremedies.com)

“For those who do not take full advantage of observation and experience, and who take a longer time than others to learn the lessons of daily life. Whereas one experience would be enough for some, such people find it necessary to have more, sometimes several, before the lesson is learnt.” \*

“Those who are dreamy, drowsy, not fully awake, no great interest in life. Quiet people, not really happy in their present circumstances, living more in the future than in the present; living in hopes of happier times, when their ideals may come true.” \*

“Those who live much in the past, perhaps a time of great happiness, or memories of a lost friend, or ambitions which have not come true. They do not expect further happiness such as they have had.” \*

“Those who are liable to times of gloom, or even despair, as though a cold dark cloud overshadowed them and hid the light and the joy of life. It may not be possible to give any reason or explanation for such attacks. Under these conditions it is almost impossible to appear happy or cheerful.” \*

**CHESTNUT BUD**  
LEARN FROM MISTAKES  
*Vibe: Capacity for Learning*

Chestnut Bud encourages the positive potential to learn from past mistakes, gain knowledge and wisdom to move forward in life. |

**CLEMATIS**  
HAVE FOCUS  
*Vibe: Creative Idealism*

Clematis encourages the positive potential to find concentration, and stay focused on the task at hand. |

**HONEYSUCKLE**  
EMBRACE THE NOW  
*Vibe: Capacity for Change*

Honeysuckle encourages the positive potential to live in the present and not be held back. |

**MUSTARD**  
BE JOYFUL  
*Vibe: Cheerfulness*

Mustard encourages the positive potential to return to joy. Everyone faces occasional sudden gloomy feelings. When you are feeling down, bring joy back into your daily life. |

\* The Twelve Healers and Other Remedies - The definitive edition - Edward Bach

| bachremedies.com



“Those who have suffered much mentally or physically and are so exhausted and weary that they feel they have no more strength to make any effort. Daily life is hard work for them, without pleasure.” \*

“For those who cannot prevent thoughts, ideas, arguments which they do not desire from entering their minds. Usually at such times when the interest of the moment is not strong enough to keep the mind full. Thoughts which worry and will remain, or if for a time thrown out, will return. They seem to circle round and round and cause mental torture.” \*

“Those who without apparently sufficient reason become resigned to all that happens, and just glide through life, take it as it is, without any effort to improve things and find some joy. They have surrendered to the struggle of life without complaint.” \*

**OLIVE**  
*RESTORE ENERGY*  
***Vibe: Regeneration***

Olive encourages the positive potential to revitalize yourself after making an effort. |

**WHITE CHESTNUT**  
*CALM THE MIND*  
***Vibe: Tranquility***

White Chestnut encourages the positive potential to find tranquility and peace of mind. |

**WILD ROSE**  
*SHOW ENTHUSIASM*  
***Vibe: Inner Motivation***

Wild Rose encourages the positive potential for enthusiasm and a lively interest in life. |

\* The Twelve Healers and Other Remedies - The definitive edition - Edward Bach

| [bachremedies.com](http://bachremedies.com)

“Those who are always seeking the companionship of anyone who may be available, as they find it necessary to discuss their own affairs with others, no matter whom it may be. They are very unhappy if they have to be alone for any length of time.” \*

**HEATHER**  
*EMPATHIZE & LISTEN*  
**Vibe: Empathy**

Heather encourages the positive potential to be heard, assisting you in developing a voice without appearing needy. |

“Those who are quick in thought and action and who wish all things to be done without hesitation or delay. When ill they are anxious for a hasty recovery. They find it very difficult to be patient with people who are slow, as they consider it wrong and a waste of time, and they will endeavor to make such people quicker in all ways. They often prefer to work and think alone, so that they can do everything at their own speed.” \*

**IMPATIENS**  
*HAVE PATIENCE*  
**Vibe: Patience**

Impatiens encourages the positive potential to think and act in less haste. |

“For those who in health or illness like to be alone. Very quiet people, who move about without noise, speak little, and then gently. Very independent, capable and self-reliant. Almost free of the opinions of others. They are aloof, leave people alone and go their own way. Often clever and talented. Their peace and calmness is a blessing to those around them.” \*

**WATER VIOLET**  
*CONNECT WITH OTHERS*  
**Vibe: Humility**

Water Violet encourages the positive potential to find warmer relationships with others in a calm, relatable way. |

\* The Twelve Healers and Other Remedies - The definitive edition - Edward Bach

“The jovial, cheerful, humorous people who love peace and are distressed by argument or quarrel, to avoid which they will agree to give up much. Though generally they have troubles and are tormented and restless and worried in mind or in body, they hide their cares behind their humor and jesting and are considered very good friends to know. They often take alcohol or drugs in excess, to stimulate themselves and help themselves bear their trials with cheerfulness.” \*

“Kind, quiet, gentle people who are over-anxious to serve others. They overtax their strength in their endeavors. Their wish so grows upon them that they become more servants than willing helpers. Their good nature leads them to do more than their own share of work, and in so doing they may neglect their own particular mission in life.” \*

“For those who sometimes are attacked by thoughts of such kind as jealousy, envy, revenge, suspicion. For the different forms of vexation. Within themselves they may suffer much, often when there is no real cause for their unhappiness.” \*

“For those who have definite ideals and ambitions in life and are fulfilling them, but on rare occasions are tempted to be led away from their own ideas, aims and work by the enthusiasm, convictions or strong opinions of others. The remedy gives constancy and protection from outside influences.” \*

**AGRIMONY**  
*COMMUNICATE OPENLY*  
**Vibe: Joyfulness**

Agrimony encourages the positive potential to open up, as well as communicate your real feelings. |

**CENTAURY**  
*BE ASSERTIVE*  
**Vibe: Self-determination**

Centaur encourages the positive potential to not deny your own needs. You can express and defend your opinions, uninfluenced by others. |

**HOLLY**  
*GOODWILL TOWARDS OTHERS*  
**Vibe: Divine Love**

Holly encourages the positive potential to be generous-hearted without making demands. |

**WALNUT**  
*ADAPT TO CHANGE*  
**Vibe: Unaffectedness**

Walnut encourages the positive potential to move forward and make changes in your life with a sense of constancy. |

\* The Twelve Healers and Other Remedies - The definitive edition - Edward Bach



“This is the remedy of cleansing. For those who feel as if they had something not quite clean about themselves. Often it is something of apparently little importance: in others there may be more serious disease which is almost disregarded compared to the one thing on which they concentrate.” \*

**CRAB APPLE**  
ACCEPT IMPERFECTIONS  
*Vibe: Purity*

Crab Apple encourages the positive potential to embrace your body and mind, and accept your imperfections. |

“Those who are doing good work, are following the calling of their life and who hope to do something of importance, and this often for the benefit of humanity. At times there may be periods of depression when they feel that the task they have undertaken is too difficult, and not within the power of a human being.” \*

**ELM**  
BE EFFICIENT  
*Vibe: Right Responsibility*

Elm encourages the positive potential of self assurance, keeping perspective, and returning to efficiency. |

“For those who do not consider themselves as good or capable as those around them, who expect failure, who feel that they will never be a success, and so do not venture or make a strong enough attempt to succeed.” \*

**LARCH**  
HAVE CONFIDENCE  
*Vibe: Self Confidence*

Larch encourages the positive potential to approach different situations with confidence and determination. |

“For those who are struggling and fighting strongly to get well, or in connection with the affairs of their daily life. They will go on trying one thing after another, though their case may seem hopeless. They will fight on. They are discontented with themselves if illness interferes with their duties or helping others.” \*

**OAK**  
RESTORE ENDURANCE  
*Vibe: Endurance*

Oak encourages the positive potential to remain strong while understanding your own limits. |

“For those who blame themselves. Even when successful they think that they could have done better, and are never content with their efforts or the results. They are hard-working and suffer much from the faults they attach to themselves.” \*

“For those in great distress under conditions which for a time produce great unhappiness. The shock of serious news, the loss of some one dear, the fright following an accident, and such like. For those who for a time refuse to be consoled this remedy brings comfort.” \*

“For those moments which happen to some people when the anguish is so great as to seem to be unbearable. When the mind or body feels as if it had borne to the uttermost limit of its endurance, and that now it must give way. When it seems there is nothing but destruction and annihilation left to face.” \*

“For those who have suffered adversity or misfortune and find these difficult to accept, without complaint or resentment, as they judge life much by the success which it brings. They feel that they have not deserved so great a trial, that it was unjust, and they become embittered. They often take less interest and less activity in those things of life which they had previously enjoyed.” \*

**PINE**  
*HAVE SELF-RESPECT*  
***Vibe: Forgiveness***

Pine encourages the positive potential to accept and respect yourself as you would others. For times when you feel full of guilt and blame yourself for anything the goes wrong. |

**STAR OF BETHLEHEM**  
*NEUTRALIZE GRIEF*  
***Vibe: Restoration***

Star of Bethlehem neutralizes the effects of grief and encourages the positive potential of inner strength. |

**SWEET CHESTNUT**  
*BE OPTIMISTIC*  
***Vibe: Release***

Sweet Chestnut encourages the positive potential of hopefulness. Face extreme feelings of hopeless despair with a clear mind. |

**WILLOW**  
*FORGIVE & FORGET*  
***Vibe: Personal Responsibility***

Willow encourages the positive potential to forgive and forget past injustices and enjoy life. |

\* The Twelve Healers and Other Remedies - The definitive edition - Edward Bach

| [bachremedies.com](http://bachremedies.com)

“For those who feel the need to see more good and beauty in all that surrounds them. And, although much appears to be wrong, to have the ability to see the good growing within. So as to be able to be more tolerant, lenient and understanding of the different way each individual and all things are working to their own final perfection.” \*

“Those who are very mindful of the needs of others; they tend to be over-full of care for children, relatives, friends, always finding something that should be put right. They are continually correcting what they consider wrong, and enjoy doing so. They desire that those for whom they care should be near them.” \*

“Those who are very strict in their way of living; they deny themselves many of the joys and pleasures of life because they consider it might interfere with their work. They are hard masters to themselves. They wish to be well and strong and active, and will do anything which they believe will keep them so.” \*

“Those with fixed principles and ideas, which they are confident are right, and which they very rarely change. They have a great wish to convert all around them to their own views of life. They are strong of will and have much courage when they are convinced of those things that they wish to teach.” \*

“Very capable people, certain of their own ability, confident of success. Being so assured, they think that it would be for the benefit of others if they could be persuaded to do things as they themselves do, or as they are certain is right. Even in illness they will direct their attendants.” \*

**BEECH**  
*BE MORE TOLERANT*  
**Vibe: Tolerance**

Beech encourages the positive potential to see the good in others despite imperfections, to release rigid attitudes, and build a sense of compassion. |

**CHICORY**  
*LOVE UNCONDITIONALLY*  
**Vibe: Selfless Love**

Chicory encourages the positive potential to selflessly take a step back and care for others without expecting anything in return. |

**ROCK WATER**  
*FLEXIBLE MIND*  
**Vibe: Adaptability**

Rock Water encourages the positive potential of a flexible attitude when striving for your goals. |

**VERVAIN**  
*RELAX & CALM*  
**Vibe: Restraint**

Vervain encourages the positive potential of serenity, wisdom and tolerance. |

**VINE**  
*MOTIVATE NOT DOMINATE*  
**Vibe: Rightly used Authority**

Vine encourages the positive potential of determination, without domination. Be flexible, expressive and share your opinions without seeming dominant. Lead without intimidation. !





These Beautiful Flowers

When we started these notes we did not realize how beautiful these flowers would be. We had read the black and white books written by the Indian authors. When we started looking at the internet for these flowers, and wiki being a major source, we were mesmerized by the beauty of these flowers. This inspired us to make the presentation in color. As we found other books on the Internet Archives and Amazon with detailing of the flowers we were happy with the decision.

What amazes us is that most of these flowers have been known in the folklore of Britain. The plants have been known to humankind as medicinal plants, plants that can protect from witchcraft and other negative influences. Plants that bring about harmony and love. There is a strong influence and association of these plants in Christianity, Roman traditions, local traditions and Christmas. We have tried to get this information on the plants and present it here.

We remember our childhood and how the flowers and their medicinal properties were common knowledge. Marigold or “Gendha” flower was used to stop bleeding when we fell down in school. Hibiscus is used for pimples. Gulkand made from rose petals has been a favorite. We, being from south India, know that flowers are used in braids. Flowers are offered to God in India and each deity has a favorite. We have grown up with the Parijatha (*Nyctanthes arbor-tristis*) the Flower of Gods. It is said that the plant should be planted near the fence with half of the branches of tree outside the fence for others to take the flowers. These are the only flowers that can be picked from ground and offered to God.

We present the 37 colorful flowers with such traditions and folklores in this section.

# AGRIMONY

Agrimonia  
eupatoria

Agrimonia eupatoria is a species of agrimony that is often referred to as Common Agrimony. It is also referred to as Church Steeples or Sticklewort. Some other interesting names are Cocklebur, Cockleburr, Stickwort, , Herbe de Saint-Guillaume Philanthropos, Ackerkraut, Agrimonia, Funffing, Liverwort, Acrimony, and Harvest Lice. It is a deciduous, perennial herbaceous plant and is about a meter high. The flower has a spicy odour like apricots. The name Agrimony likely comes from the Greek Argemone, meaning plant used for treating cataract. In the “Language of Flowers”, Agrimony means thankfulness or gratitude. The plant flowers in June to September with the short-stemmed flowers. The flower has five sepals and there are five yellow, rounded petals. They are an important food source for butterflies.

Agrimony was often found in monastery gardens, where the monks used it to treat stomach and eye problems. The folklore is rich with Agrimony. It is stated to have medical and magical properties since the time of Pliny the Elder. It is ruled astrologically by Cancer for the astrologically savvy reader. It is believed that it can cure musket wounds and ward off witchcraft. Traditional British folklore states that if a sprig of the plant is placed under a person's head, they sleep until it was removed. One of its Earliest common names is ‘fairy’s wand’. In an 18th-century Scottish witch trial, Agrimony was mentioned as a witch’s cure for people who were ‘elf-shot,’ or suffering unexplained illness.



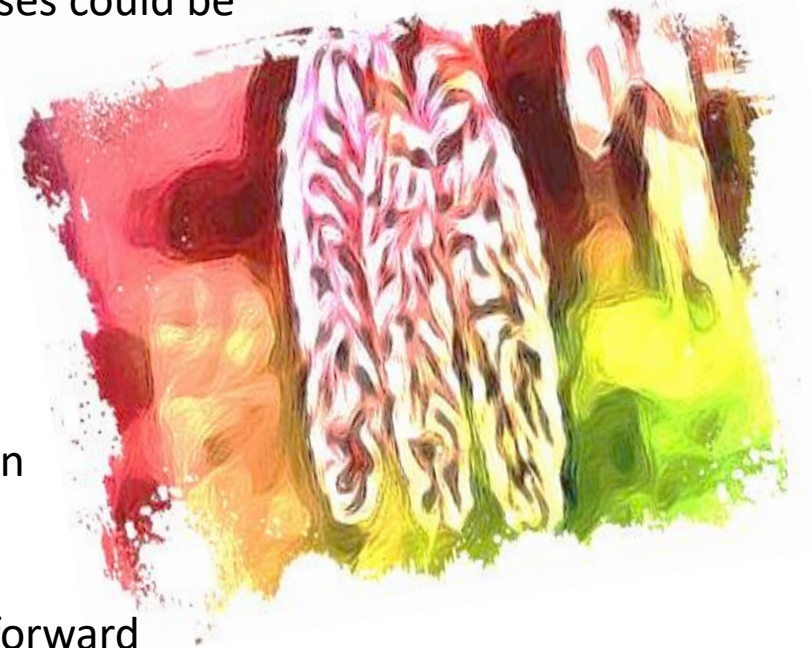


# ASPEN

Populus  
tremula

Populus tremula, commonly called Aspen, Common Aspen. It is also called Eurasian Aspen, European Aspen, or Quaking Aspen. It is a species of poplar native to cool temperate regions of Europe and Asia. It has a still wider spread from Iceland to the British Isles to Kamchatka, Scandinavia, northern Russia, Spain, Turkey, North Korea, Japan and Algeria. In the “Doctrine of Signatures” (an old system of healing) it is claimed that illnesses could be cured with plants having the same symptoms as the ailing body. Since the Aspen shows a perpetual quaking of its leaves, it was designated to heal ague or shaking palsy. The bark of Aspen contains analgesic and anti-inflammatory properties. Native American women would drink a tea made from the leaves to ease menstrual cramps. This tea also aided in alleviating diarrhoea and urinary disorders.

Aspen is popular in magic and is used in anti-theft spells. It was also planted in gardens and fields to protect the property from thieves. It is believed that placing an Aspen leaf under your tongue makes one very eloquent. As a protection from unwanted spirits and to release old fears, to help you move forward burn incense made from Aspen. Aspen is felt to be a tree of rebirth. It is also thought of as a tree of overcoming death. Aspen is also seen as dark and evil as the betrayer of Christ. In France, it was a religious belief that the leaves shook with fear because Christ’s cross was made from Aspen wood.





# BEECH

Fagus  
sylvatica

Fagus sylvatica is a large tree, reaching heights of up to 50 m and more. The tree lives typically for 150–300 years. In the months of April and May the tassel-like male catkins hang from long stalks at the end of twigs, while female flowers grow in pairs, surrounded by a cup. Beech has medicinal value and was used for skin disorders; the tar was used in an old remedy for eczema and psoriasis, a poultice made from the leaves helped to heal scabs. The nuts of the Beech tree are called masts.

The Druids thought the tree symbolized ancient knowledge and wisdom. Henwen the great white ancient sow, was said to possess great wisdom from eating masts from this sacred tree. Interestingly, Helen of Troy was said to have carved her lovers initials onto the trunk of a Beech tree. Beech was cut into thin slices and was used to create the first books. Beech roots often look like snakes. Snakes in Celtic Mythology are a symbol of wisdom and rebirth. A fallen Beech branch was known as an invitation from the wishing fairies. The marks on Beech trees where the old growth has stopped is known as the evil eye. The Beech tree was revered by ancient Romans, because it was sacred to Diana, goddess of the moon, birth, woodland and wild animals. Place powder of Beech in right shoe to lead you to good fortune. Beech helps with spiritual awareness and is used in divination. An altar made of Beech will ensure you of a deep and abiding spiritual connection.



# CENTAURY

Centaurium  
erythraea

Centaurium erythraea is an erect biennial herb which reaches half a meter in height. Each inflorescence may contain many flowers. The petite flower is pinkish-lavender and about a centimetre across, flat-faced with yellow anthers. It flowers from June until September.

A tea made from European centaury possess medical properties beneficial for patients with gastric and liver diseases. The infusion is a very good wash for wounds and sores, and is powerfully antiseptic. It also makes a good mouthwash. Centaur Chiron, in Greek mythology is supposed to have cured himself with it from a wound he had accidentally received from an arrow poisoned with the blood of the Hydra. The ancients named the plant Fel Terrae, or Gall of the Earth from its extreme bitterness. As this bitterness had a healing and tonic effect attributed to it, Centaury is also called Febrifuga, or Feverwort. It is popularly called Christ's Ladder. In the ancient world there is a mention of Centaury mixed with the blood of a female lapwing, or black plover can ward off witches. Centaury is applied to small cuts and wounds to heal.





Ceratostigma willmottianum, or Chinese Plumbago, is a species of flowering plant in the family Plumbaginaceae that is native to western China and Tibet. It is an ornamental deciduous shrub that grows to a meter in height. It has pale blue plumbago-like flowers appearing in autumn just as the leaves start to turn red.

The flower head consists of spiky bracts. The leaves are hairy and bristly and unpleasant to touch. The term Ceratostigma is derived from Greek, meaning “horned stigma” with reference to the ‘shape of the stigmatic surface’. Cerato was found by Ernest Wilson during an expedition in Min valley in Sichuan, China in 1907-08. The specific epithet willmottianum was named for Miss Ellen Ann Willmott (1858-1934), a keen gardener and the introducer of the plant. Wilson sent back the seeds to Miss Ellen as she had funded the expedition. It is cultivated as a garden plant, valued for its late season red leaves and rich blue flowers. Bach found this flower in a private garden in Cromer. This garden belonged to Miss Gertrude Jekyll, a friend of Miss Willmott.



In recent years it has been selected for promotion by some nurseries and has been seen in street gardens in London. However, it is still a specialist's plant. Cerato is used in folk medicine to treat rheumatism, traumatic injury and parotitis or mumps.

# CHERRY PLUM

Prunus  
cerasifera

Prunus cerasifera or Cherry Plum is a broadleaf deciduous tree and one of the first Prunus species to flower in spring. It can grow to eight meters. Cherry Plum is one of the first trees to blossom in the UK. A Cherry Plum tree in full blossom lifts the heart and shows an unashamed lust for life. I have seen these and it is really a beautiful sight. Cherry Plums put passersby under a magical spell of blissful calm and happiness. The Cherry Plum treats us to this glorious display in March, optimistically heralding the end of long, dark days of winter and ushering a new spring into our lives. There was Cherry Plum hedge planted by Dr Bach at Wellsprings in Sotwell.



In Japan, the Cherry Plum is the national flower and the goddess of Mount Fuji is said to have created the beautiful tree to decorate the bottom of her mountain. Cherry Plum's are short-lived but the beautiful blossom is said to represent our brief lives on earth. Cherry plum varies greatly between trees and it is difficult to find two trees with the same characteristics. Even the fruits do not have a standard and vary in color drastically.



# CHESTNUT BUD

Aesculus  
hippocastanum



Aesculus hippocastanum or Horse Chestnut is a species of flowering plant native to a small area in the Pindus Mountains mixed forests and Balkan. It belongs to the soapberry and lychee family Sapindaceae. The tree is large, growing to about forty meters. The leaf scars left on twigs after the leaves have fallen have a distinctive horseshoe shape, complete with seven "nails". The flowers are usually white with a yellow to pink blotch at the base of the petals. They are produced in spring in erect panicles 10–30 cm tall with about 20–50 flowers on each panicle.

It is widely cultivated in streets and parks throughout the temperate world, and has been particularly successful in places like Ireland, Great Britain and New Zealand, where they are commonly found in parks, streets and avenues. In Britain and Ireland, the seeds are used for the popular children's game conkers. The Bach medicine Chestnut Bud is made from the buds and not from the flowers. White Chestnut uses the flowers. Chestnut Bud essence is made by the boiling method trying to extract the potential for new growth and development from the miniature leaves. It has a spicy sugary smell when boiled.

(See White Chestnut for more details)

# CHICORY

Cichorium  
intybus

Cichorium intybus, or Common Chicory, is a somewhat woody, perennial herbaceous plant of the dandelion family Asteraceae. It is usually adorned with bright blue flowers, rarely white or pink. Many varieties are cultivated for salad leaves, chicons (blanched buds), or roots, which are baked, ground, and used as a coffee substitute and food additive. Inulin, an extract from chicory root, has been used in food manufacturing as a sweetener and source of dietary fiber.

The cultivated chicory plant has a history reaching back to ancient Egyptian time. Chicory was once a highly esteemed, even sacred plant. In pre-Celtic times the plant was seen as an embodiment of the goddess of vegetation, the lovely daughter of Mother Earth. As her lover and husband is none other than the radiant Sun God, son of the highest heavens, the Chicory goddess always watches for him with her comely blue eyes. Chicory is often included in love charms. Chicory is known to lock and unlock opportunities. Harvest Chicory leaves at noon on the summer solstice, in silence, with a pure gold knife, and this will magically open locks for you and make you appear invisible! Carry the dried root as an amulet to remove obstacles. To help you with divination use dried root and burn it as incense.





# CLEMATIS

## Clematis vitalba

Clematis vitalba is a climbing shrub with branched, grooved stems, deciduous leaves, and scented green-white flowers with fluffy underlying sepals. The inflorescence have long silky appendages which give the characteristic appearance of old man's beard, therefore the name old man's beard. When the feathery seed heads of Clematis vitalba start to appear in the hedgerows, one knows autumn can't be far away.



riverside between Abergavenny and Crickhowell.

In folklore, old man's beard was associated with the devil because it did his bidding by trailing into other plants and choking them. It is also connected with the Virgin Mary and God because of the white, feathery appearance of its seed heads. In the language of flowers it is attributed to Intelligence. "I admire your wit and cleverness". The French name for old man's beard is 'herbe aux gueux' – the beggar's or rascal's herb. Beggars deliberately used the plant's acrid sap to irritate their skin to get sympathy. Dr Bach found Clematis growing on the

# CRAB APPLE

Malus  
sylvestris

Malus sylvestris, the European Crab Apple, is a species of the genus Malus, native to Europe. Its scientific name means "forest apple" and the truly wild tree has thorns. Wild apple has an expanded crown and often appears more like a bush than a tree. Crab Apple trees are stiffer in form and spinier than the common apple. The fragrant, five-petaled, white, pink, carmine, or purplish flowers appear early in showy masses.

In Norse mythology, the goddess Lounn is portrayed in the Prose Edda as providing apples to the gods that give them eternal youthfulness. Apples are linked to religious practices in Germanic paganism, from which Norse paganism developed. Buckets of apples were found in the Oseberg ship burial site in Norway. Lounn is transformed into a nut and as a symbolic meaning nuts are still a recognized symbol of fertility in southwest England. Apples are connected to the Vanir, a tribe of gods associated with fertility in Norse mythology. In the language of flowers it means Goodness.

"You are no less good than you are fair." The blossoms are a symbol of time and eternity

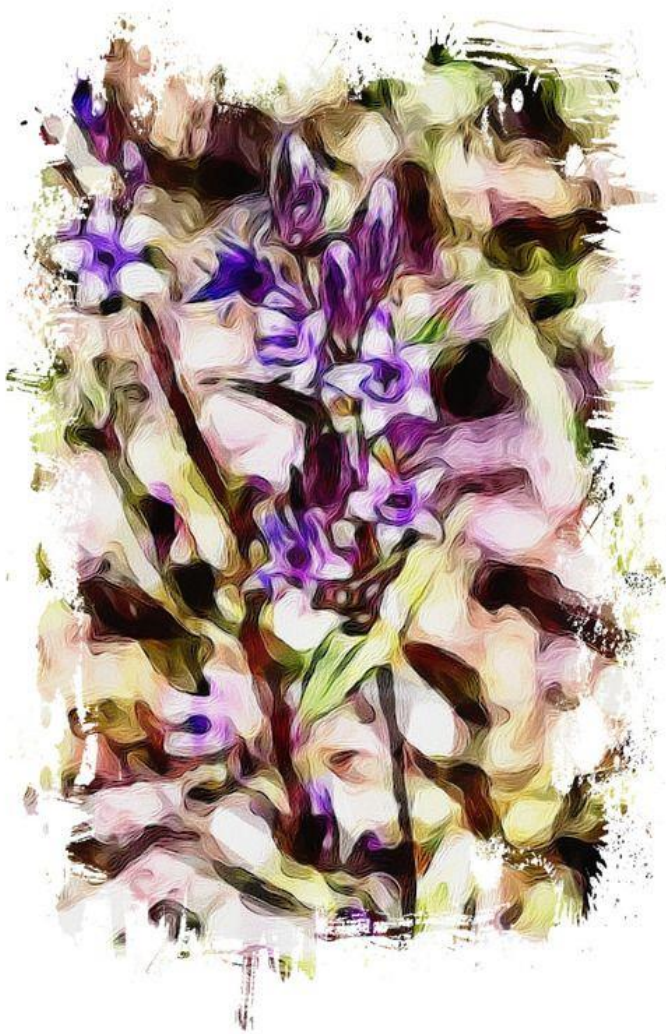




Ulmus procera or White English Elm trees grow to thirty meters and can live for more than 100 years. English Elms are hermaphrodites, meaning both male and female reproductive parts are contained within the same flower. Flowers are dark pink to red and hang in tassels, appearing between February and March. Infusions from the inner root bark of elm is used to treat colds, coughs, diarrhoea, internal bleeding, fever and to ease menstrual problems.



This tree is ruled over by Saturn. The tree essence energizes the mind and balances the heart. It attracts love, protects, and aids in sharpening psychic powers. The wood of the elm was used for coffins in England. Elm is now used to protect against lightning strikes. You can carry Elm to attract love. To the Celts, Elm was associated with Elves and the passage to the Underworld. In Scotland the stick used to play shinty, called a caman, is popularly made with Elm. Mediaeval Welsh archers made their long bows from Elm wood. In Ireland this tree is a substitute for the silver fir as ruler of the Winter Solstice. It is associated with the basic powers of knowledge and protection. To protect your property from negative energy, plant an Elm tree near your home.



*Gentianella amarella*, the Autumn Gentian or Autumn Felwort, is a species of the genus *Gentianella*. It is a short biennial plant with elliptical to lanceolate leaves. The flowers are purplish bells between 12 and 22 mm long. It flowers between July and September. In the British Isles the Felwort or Autumnal Gentian is found in all parts as far north as the Shetlands. It is a native in Scotland and Ireland. Most of the Gentians are erect in habit. The stem is branched, bearing above many flowers. It may be a livid green or purple in color. The flowers are numerous, often crowded, borne in a loose, leafy, rather oblong panicle. The flowers are conspicuous, and only open fully in bright sunlight.

Gentian is associated with Mars. The genus name is a tribute to the Illyrian king Gentius who reigned between 181 and 168 BC and is reputed to have discovered the medicinal virtue of the plants. Gentian has a long history of use as a herbal bitter in the treatment of digestive disorders. It is especially useful in states of exhaustion from chronic disease and in all cases of debility, weakness of the digestive system and lack of appetite. Trithemius (1462–1516 CE), designed the Elixir Vitae made of Calomel, Gentian, Cinnamon, Aniseed, Nard and Mace. Gentian was taken as an antidote to poison and is still used, both internally and externally.



# GORSE

Ulex  
europaeus

Ulex europaeus or Common Gorse, or Furze or Whin is a species of flowering plant, native to the British Isles and Western Europe. It grows to about two meters. The solitary flowers are yellow, about two cm long, with the pea-flower structure typical of the Fabaceae. They are produced throughout the year, but mainly over a long period in spring. They are coconut-scented.



A yellow dye, is a shade now generally thought of as saffron, was made from its blossoms. Dyeing cloth was considered something of a magical process in early Ireland, carried out only by women; no men were allowed to be present. An infusion of the flowers would be given to children as a cure for scarlet fever. It was mixed with honey and used as a mouthwash. Burning torches of gorse wood around cattle and other livestock was thought to prevent infertility, and keep their coats clear of parasites. This shrub rules the Spring Equinox, when it blooms and attracts the first bees of the year. Its golden

flowers symbolize the young Sun in spring. It is sacred to Jupiter, god of shepherds. It is believed to protect your home, bring hope, increase your personal power, purify your mind, heart, and spirit.

# HEATHER

Calluna  
vulgaris

Calluna vulgaris known as Common Heather, is the sole species in the genus Calluna in the flowering plant family Ericaceae. It is a low-growing perennial shrub growing to about fifty cm. Different cultivars have flower colours ranging from white, through pink and a wide range of purples, and including reds.

Formerly Heather was used to dye wool yellow and to tan leather. It is thought of as a lucky charm or good omen. Folklore tells of a warrior who leaves to fight in a fearsome battle, promising his hand in marriage to his lover on his return. His highland maiden waits and waits for him, but instead one day a messenger, carrying a sprig of purple heather in consolation, brings her the news of his death. She is inconsolable and wanders through the wilds of the Highlands, always clutching the heather to her breast. As her tears fall upon the heather it begins to fade in colour to white. If these are found, patches of white Heather bring good fortune. It deepens your connection with spirit guides, and brings balance to your relationships, provides protection, and brings you good luck. Wear pink Heather flowers in an amulet for help when a love affair is beginning or you are about to end one. Make a tea of the flowers and mindfully wash your body with it to sanctify your mind.





# HOLLY

Ilex  
aquifolium

Ilex aquifolium, or English Holly is also known as Christmas Holly, Aquifolius, Bat's Wings, Christ's Thorn, Holy Tree, Holm Chaste, Hulm, and Hulver Bush. In the British Isles it is one of the very few native evergreen trees growing up to ten meters high. The powdered leaves of Holly were brewed into a healing tea for measles, and the ashes from burning the leaves in a drink soothed whooping cough. Hot compresses made from the leaves and bark helped ease the pain of broken bones and dislocations.

Its magic protects against lightning, poison, and evil spirits. When thrown at wild animals it makes them lie down quietly and leave you alone. Sprinkle an infusion made with Holly on new-born babies to protect them. Holly is considered the male counterpart to the female Ivy. Northern European pagans loved Holly. Druids made wreaths for their heads from this. They grew the trees near their homes because they believed that fairies lived in, or kept safe in, Holly trees. A Holly, a self-seeded plant, growing close to the house guarded the inhabitants from witches. A good crop of Holly berries at Christmas indicated a hard winter ahead. Before the winter solstice, decorate your altar with Holly and set aside some time to decide what you want to create in the coming year. Then perform a ceremony to celebrate all of your gifts and invite happiness, joy, and success into the new year. Hanging some Holly on a wall is believed to prevent lightning from striking your home.



# HONEYSUCKLE

Lonicera  
caprifolium

Lonicera caprifolium, goat-leaf honeysuckle is a species of perennial flowering plant native to parts of Europe. It is a vigorous, deciduous climber growing up to eight meters. It bears masses of very fragrant, cream-colored flowers, tinged with pink, appearing in midsummer. In Britain, Honeysuckle is popularly known as “Woodbine”. The name Honeysuckle comes from the tradition of children biting off the ends of the flowers to enjoy the drops of nectar inside. We have done this on the Indian flowers as kids.

Traditionally, Honeysuckle was used to treat fevers, colds, asthma, dysentery, and diarrhoea. According to the secret “Language of Flowers” Honeysuckle represents devotion and unity in love. One old belief surrounding Honeysuckle was that if the plant were brought into a house, a wedding would shortly follow. Honeysuckle flowers are used in spells designed to determine the true worth of a person or thing. Before meditating, rub the leaves on your forehead to deepen your meditation and help you connect with the spirit realms. This will also remind you of the importance of being mindful no matter what you are doing. Decorate your altar with the sweet flowers to help generate a sense of gratitude and joy.





# HORNBEAM

*Carpinus  
betulus*



*Carpinus betulus*, Common Hornbeam, is a hornbeam native to Western Asia and central, eastern, and southern Europe, including southern England. Hornbeam was also known as “Yoke Elm”. Hornbeam gets its name from the strength of its timber - horn meaning hard, and beam being the old English word for tree. Historically these trees were Britain’s most prized source of hardwood, to make tools, coach wheels and gear pegs in traditional windmills. Like many native trees, the Hornbeam has historically been used in medicine. The bark can be boiled-up and bathed-in to treat sore muscles, and its leaves have been used to stop bleeding and heal wounds. Folk medicine has a tonic made from Hornbeam to help relieve tiredness and exhaustion.

In folklore, Hornbeam and other prized hardwoods appear as ladders between worlds, sources of life and wisdom and as the physical forms of supernatural beings. People born in June are said to have fallen from the Hornbeam tree. Romans used the Hornbeam for their chariots. The Common Hornbeam tree is associated with clairvoyance, longevity, wisdom, healing and luck and many myths state that the hornbeam is able to live forever. The flowering tree is described beautifully as ‘Suddenly the tree is clothed, as it were with a dripping green-gold garment’ - Clarke Nuttall.



# IMPATIENS

Impatiens  
glandulifera

Impatiens glandulifera is a large annual plant native to the Himalayas. The common names for this are Policeman's Helmet, Bobby Tops, Copper Tops, and Gnome's Hatstand all originate from the flowers being decidedly hat-shaped. Other names like Himalayan Balsam and Kiss-me-on-the-mountain arise from the plant originating in the Himalayan mountains. This was introduced in England in 1839. Ornamental jewelweed refers to its cultivation as an ornamental plant. The genus name Impatiens, meaning “impatient”, refers to its method of seed dispersal. Below the leaf stems the plant has glands that produce a sticky, sweet-smelling, and edible nectar. The flowers are pink, with a hooded shape like a policeman's helmet, about four cm in length. After flowering between June and October, the plant forms seed pods which explode when disturbed scattering the seeds up to seven meters away. Dr Bach made the first remedy from this flower.



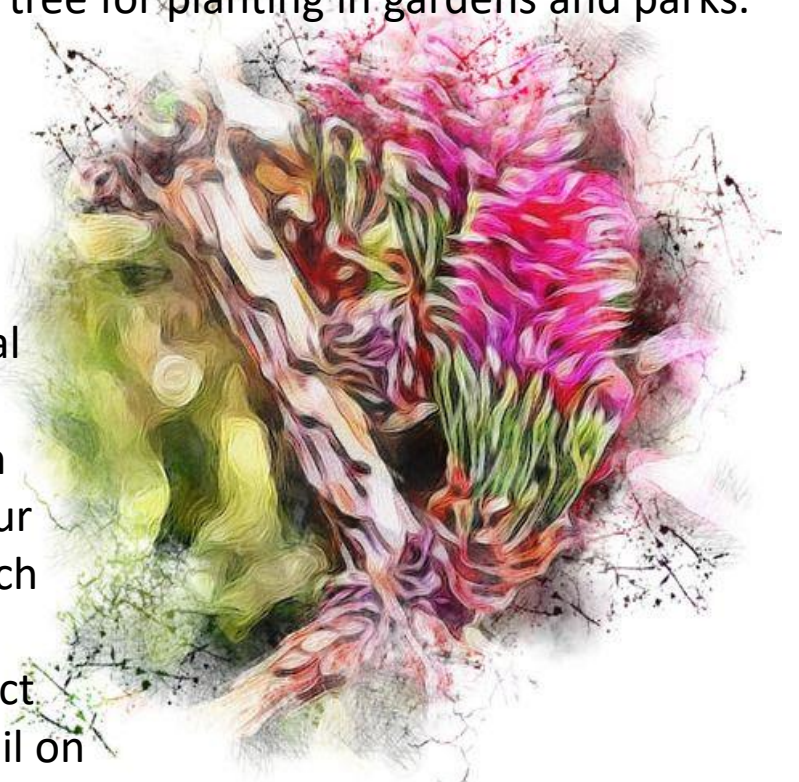
The green seed pods, seeds, young leaves and shoots are all edible. The flowers can be turned into a jam or parfait. It has been known to be used for joint pains. It is believed Dr Bach was trying to find a remedy for himself when he found Impatiens. He wanted to find a remedy for pain. “I must know what pains is like .. to have an understanding of what others suffer.” (Julian Barnard)

# LARCH

Larix  
decidua

Larix decidua, the European Larch, is a species of larch native to the mountains of central Europe. Its life span has been confirmed to be close to 1000 years. It is claimed that one of the larches planted by the second Duke of Atholl at Dunkeld in 1738 is still standing. Larix decidua is cultivated as an ornamental tree for planting in gardens and parks. The wood is particularly valued for yacht building as it is free of knots. This can only be obtained from old trees that were pruned when young to remove side branches. Small larch poles are widely used for rustic fencing.

In the Sami (Lapp) and Siberian mythology it plays an important role of the Ash as the World-tree. Their shamans use Larch wood to rim their ceremonial drums. The smoke from burning Larch is said to ward off evil spirits. Larch may be used for protection and to induce visions. In European folklore, Larch was said to protect against enchantment. Place a few Larch pinecones on your altar to enhance your self-confidence. You might also put a few drops of Larch oil in your bathwater to relieve self-doubts. Make a good luck charm, by putting a few Larch needles in an amulet, wear it around your neck. To protect your home and fill it with love, joy, and compassion, put a few drops of the oil on a dust cloth and rub down your house. Larch, for the astrologically bent person, is governed by Jupiter. Its deities are Jupiter, Zeus, Amun, Don, the Dagda, and Thor.





# MIMULUS

## Erythranthe lutea

Erythranthe lutea is a species of monkeyflower also known as Yellow Monkeyflower, Monkey Musk, blotched monkey flowers, and blood-drop-emlets. It was formerly known as Mimulus luteus or Mimulus guttata. It prefers to grow in wet habitats such as marshes and riverbanks. It was introduced to

England in 1812 from America. The seeds are small and float on water and then sink and germinate. They rise again and take root at a suitable place.

Monkeyflower is a showy plant that blooms in the summer and grows to about thirty cm in height. The flowers are yellow with irregular red blotches and the leaves are hairy, paired, and round. Because of its yellow petals, it is called "Yellow Monkeyflower". The upper lip is divided in two, the lower divided into three. This bottom lobe has a few small dark red spots.

The plant is an astringent, and vulnerary. A decoction of the leaves and stems has been used as a herbal steam bath for chest and back soreness. A poultice of the crushed leaves has been applied to wounds, and rope burns.





# MUSTARD

*Sinapis  
arvensis*

*Sinapis arvensis*, the Charlock Mustard, Field Mustard, Wild Mustard or Charlock, is an annual or winter annual plant. *Arvensis* means 'of or growing in cultivated fields or land'. The common name Charlock is said to be a corruption of the plant's Old English name *cerlic*. It is found in the fields of North Africa, Asia and Europe. The leaves of Wild Mustard are edible at the juvenile stage of the plant. They are usually boiled such as in the 1840s, in Dublin, during the Irish Potato Famine. The Wild Mustard was a common famine food, even though it often caused stomach upset. Charlock's heads of bright yellow flowers are often to be seen on wasteland and roadsides. It is an erect and rather bristly plant with four-petalled yellow flowers borne in domed clusters. The flowers are about half an inch with four petals blooming from May to July, and the seeds ripen from May to August.

The plant is an old species cultivated for its seeds. It may have been the mustard mentioned in the New Testament. The plant is said to be good for the treatment of melancholy or depression. Oil can be extracted from the seed which has been used for lubricating machinery. Mustard is governed by Mars. And has Asclepius, Mars as deities. It is also used as plaster for bronchitis and pneumonia. It is interesting to note that Mustard seed lay buried in soil for a long time and then they can sprout suddenly. This leads to the term "it's a charlock year .."



# OAK

Quercus  
robur



Quercus robur, commonly known as Common Oak, Pedunculate Oak, European Oak or English Oak, is a species of flowering plant native to most of Europe west of the Caucasus. Oak grows to about twelve meters. Flowering takes place in mid spring, and the fruit, called acorns, ripen by mid-autumn.

In the Basque Country (Spain and France) Oak symbolizes the traditional Basque liberties. Some oaks were considered sacred trees by the Gauls. The druids would cut down the mistletoe growing on them. Even after Christianization, Oak trees were considered to protect as lightning would fall on them rather than on nearby habitation. Hanging a piece of Oak in your home that you cut from a tree that was hit by lightning is said to be a particularly powerful good luck charm. In England, the English oak has assumed the status of a national emblem.

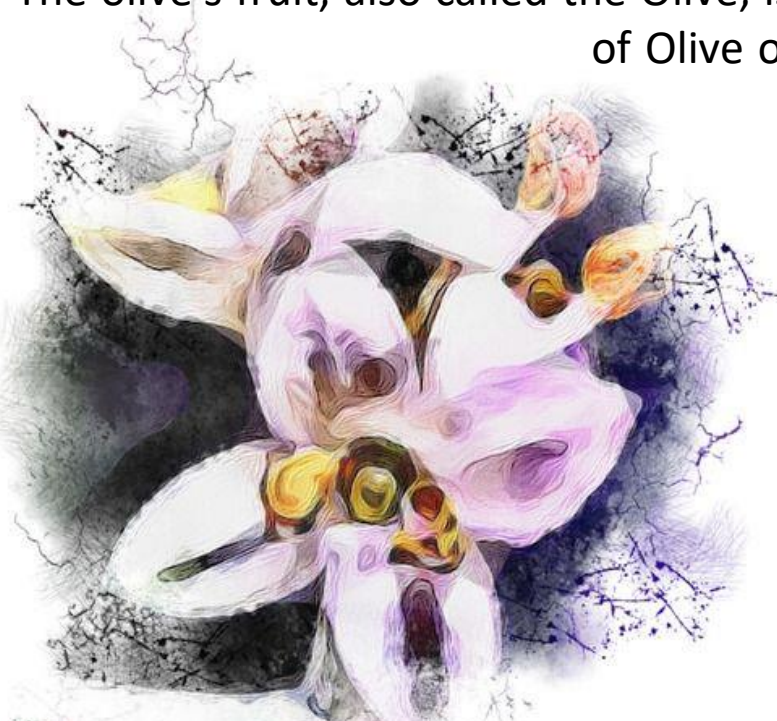
Oak bark, taken internally as a tea helps fight diarrhea and dysentery. Externally it can be used to treat hemorrhoids, inflamed gums, wounds, and eczema. Dreaming of resting under an Oak tree means you will have a long life and wealth. Dreaming of a fallen Oak means the loss of love. If you catch a falling Oak leaf you shall have no colds all winter.



# OLIVE

Olea  
europaea

Olea europaea, the Olive, is a species of small tree, found in the Mediterranean Basin from Portugal to the Levant. The species is cultivated in many places like Argentina, Saudi Arabia, Java, Norfolk Island, California, and Bermuda. The olive's fruit, also called the Olive, is of major agricultural importance in the Mediterranean region as the source of Olive oil. Fossil evidence indicates the Olive tree had its origins some 20–40 million years ago in the Oligocene, in what is now corresponding to Italy and the eastern Mediterranean Basin.



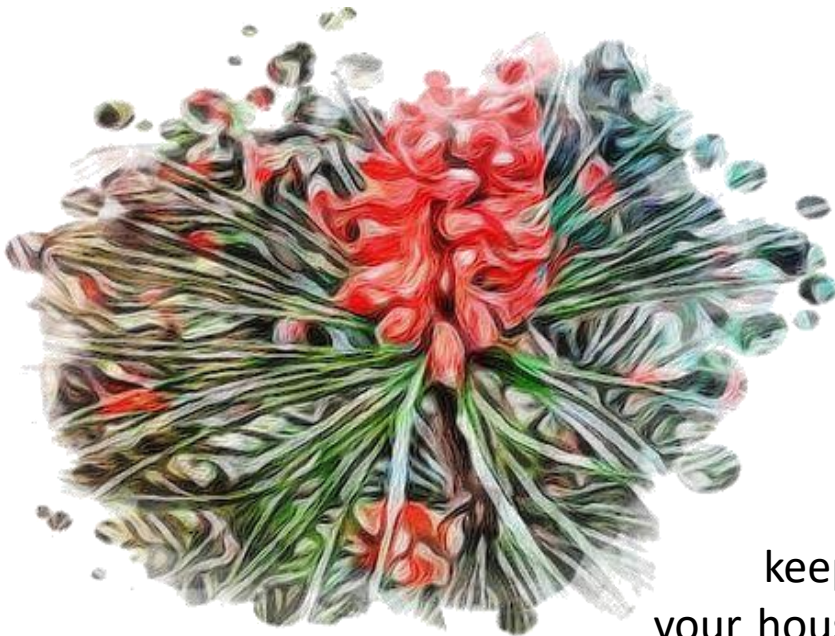
Olive oil has long been considered sacred. The Olive branch was often a symbol of abundance, glory, and peace. The leafy branches of the Olive tree were ritually offered to deities and powerful figures as emblems of benediction and purification, and they were used to crown the victors of friendly games and bloody wars. Olive tree and olive oil are mentioned seven times in the Quran. Prophet Muhammad is reported to have said: “Take oil of olive and massage with it – it is a blessed tree”. The olive tree is one of the first plants mentioned in the Hebrew Bible. An Olive branch was brought back to Noah by a dove to demonstrate that the flood was over. It symbolises fruitfulness, peace, and happiness; the oil represents goodness and purity. Olive oil was burned in sacred temple lamps. It is governed by Jupiter with Apollo, Helios, Athena as deities. Olympic game victors were crowned with olive wreaths.



# PINE

Pinus  
sylvestris

Pinus Sylvestris, or Scots Pine is a species of pine that is native to Eurasia. It is readily identified by its combination of fairly short, blue-green leaves and orange-red bark. The tree spread across the British Isles after the Last Glacial Maximum. Pollen records show that pine was present locally in southern England about 9,000 years ago.



It is an antiseptic, expectorant, and tonic. An infusion of the pine needles makes an inhalant for relieving congestion. Pine needle tea can aid with healing bladder, urinary tract, and kidney problems. It attracts prosperity, purifying ritual areas and new homes, helping "stay the course" during difficult times. A pine wand or pine cone kept on the altar wards off evil influences. Carrying pine cones increases fertility and results in a vigorous old age. Floor washes with pine oil cleanse a space of negativity and ward off illness. Throw pine needles into winter fires for protection, or burn Pine incense for purification and divination. Place Pine branches over the bed to keep sickness away, or to aid the ill. Hang a Pine branch over the main door of your house to ensure continuous joy within. Meditate with Pine to help alleviate your dark moods. Pine is the symbol of everlasting life. Even in the middle of the winter when everything else has died, the trees are bright green, reminding us that new life is only a few months away. Pine needles in your home will attract abundance and invite new life.

# RED CHESTNUT

Aesculus ×  
carnea

Aesculus × carnea, or Red Horse-chestnut is a cross between Horse-Chestnut A. hippocastanum and Red Buckeye A. pavia. Its distinctive, rose-red, cone-shaped flower clusters bloom in May and June among the lustrous dark green leaves. The flower is about 6 to 8 inch long. Flower colour varies from pink to red. The flower petals have a yellow blotch on their flowers which turns red once the flower has been pollinated. The origin of the tree is not known, but it probably first appeared in Germany before 1820. The hybrid is a medium-size tree about twenty-five meter tall. The seed is quite large, about 20 mm in diameter. It needs to be leached of toxins before it becomes safe to eat - the Indians would do this by slow-roasting the nuts. The Red Chestnut flower are rose pink and flower a few weeks after White Chestnut.



Saponins in the seed are a soap substitute. The saponins can be easily obtained by chopping the seed into small pieces and infusing them in hot water. This water can then be used for washing the body, clothes etc. Its main drawback is a lingering odour of horse chestnuts. Saponins are much more toxic to some creatures, such as fish, and hunting tribes have traditionally put large quantities of them in streams, lakes etc. in order to stupefy or kill the fish. Red Chestnut Bach essence is extracted using the boiling method. The steam has the characteristic smell and the essence is deep plum-coloured.

# ROCK ROSE

Helianthemum  
nummularium

Helianthemum nummularium or Common Rock-rose is a species of Cistaceae, a native to most of Europe. It is an evergreen trailing plant with loose terminal clusters of bright yellow, saucer-shaped flowers which appear from May until July. In the flower center is a tight cluster of orange stamens, which are sensitive to the touch, and spread outwards to reveal the tall stigma in the middle. The wild species has yellow flowers, but garden varieties range from white through yellow to deep red. Though the individual blooms are short-lived, the plant produces a mass of flowers through the summer. As the Latin name Helianthemum suggests, these are sun-flowers and bloom for a day in bright sunshine. The genus name comes from the Greek Helios meaning sun and "anthemon" meaning flower.

The glandular hairs on the leaves yield the oleo-resin "ladanum", used medicinally and in soaps, perfumery, and fumigation. It has been long held in repute as a remedy for Scrofula (usually a swelling of the lymph nodes in the neck caused by tuberculosis), a tonic and for many disorders like diarrhoea, ulcers, syphilis and the like. This plant is an aromatic, expectorant, stimulant herb that controls bleeding and has antibiotic effects. The aroma from the flowers is said to alleviate anxiety. Dr Bach was looking for a remedy that had the same instantaneous healing power that he himself brought to the people - Rock Rose.





# SCLERANTHUS

## Scleranthus annuus

Scleranthus annuus is a species of flowering plant known by the common names German Knotweed and Annual Knawel. It is native to Europe, Asia, and North Africa. It is an annual herb with low, spreading stems up to fifteen centimetres long growing from a taproot. The leaves are needle-like or linear in shape with sharp, stiff points. Flowers occur in pairs or small clusters of up to five. The flowers lack petals but have bell-shaped calyces of green petal-shaped sepals. The tiny flowers, appear from June to August months. Annual Knawel is also known as German Knotgrass. The name 'knewel' derives from the German for 'a tangle of threads'. In Ireland it is rare but scattered throughout. It is classified as 'Endangered' and is therefore considered to be facing a very high risk of extinction in the wild.

Knawel has been used as a cure for toothache and the sweet-tasting leaves are fairly good fodder for sheep. Very interestingly the Polyjuice Potion in Harry Potter movie uses this as one of the ingredients. Another interesting thing about this plant is its relation with the rabbits. The rabbits and this plant have a symbiosis. Scleranthus grows in the soil dug up by the rabbits and they in turn eat the shoots and the flowers and seed.



# STAR OF BETHLEHEM

Ornithogalum  
umbellatum



Ornithogalum umbellatum, the garden Star-of-Bethlehem, Grass Lily, nap-at-noon, or eleven-o'clock lady, is a perennial bulbous flowering plant. It is a relatively short plant, producing conspicuous white flowers, in a stellate pattern, in mid to late spring. The flowers open late in the day, but when closed have a green stripe on the outside. The petals close at night or on cloudy days. Another name, dove's dung, was used by the Arabs who sometimes ate the bulbs as a vegetable. This could be due to the white color of the flower. The genus name comes from the Greek words "ornis" meaning bird and "gala" meaning milk, in reference to the white flowers. "Bird's Milk" was frequently used by the Romans to indicate something wonderful. Bulbs of the plant, also known as white field onion, were also sometimes eaten raw or cooked in the UK.

In folklore, the biblical star of Bethlehem is said to have fallen to the earth and shattered into pieces which became the ubiquitous white flowers.

# SWEET CHESTNUT

Castanea  
sativa

Castanea sativa, or sweet chestnut, is a species of flowering plant, native to Southern Europe and Asia Minor. It is a long-lived deciduous tree, producing an edible seed, the chestnut, which has been used in cooking since ancient times. The tree is commonly called the “chestnut”, or “sweet chestnut” to distinguish it from the horse chestnut Aesculus hippocastanum. The Latin sativa means “cultivated by humans”. It is an ancient plant thought to have survived the last Ice Age. Pollen data indicates that the first spreading of C. sativa due to human activity started around 2100-2050 B.C.

The raw nuts, though edible, have a skin which is astringent and unpleasant to eat when still moist. Cooking dry in an oven or fire normally helps remove this skin. Chestnuts are traditionally roasted in their tough brown husks after removing the spiny cupules in which they grow on the tree.





# VERVAIN

Verbena  
officinalis



Verbena officinalis, the Common Vervain or Common Verbena, is a perennial herb native to Europe. It grows up to seventy cm high, with an upright habitus. The lobed leaves are toothed, and the delicate spikes hold clusters of two-lipped mauve flowers. The common name "blue vervain" is also sometimes used.

Common vervain has been held in high esteem since classical antiquity; it has long been associated with divine and other supernatural forces, and it has an equally long-standing use as a medicinal plant. Herbal capsules are used as a soporific drug in much the same way as for the better known valerian. It is considered a holy herb, that legend has it, was used to staunch the wounds of Christ after crucifixion. Because of the association with the Passion of Christ, it came to be used in ointments to drive out and repel "demonic" illness. Vervain flowers are engraved on cimaruta, Italian anti-stregheria (a form of Witchcraft with Southern European) charms. In Holland, Germany, Finland, Slovakia and Denmark it is known as iron herb – traditionally used in a procedure to harden steel.

# VINE

Vitis  
vinifera

Vitis vinifera, the common grape vine, is a species of Vitis, native to the Mediterranean region, Central Europe, and southwestern Asia. The name Vine comes from the Latin Viere to twist, referring to the plant's twining behaviour. The leaves are alternate, palmately lobed. Wild grapes were harvested by Neolithic foragers and early farmers. For thousands of years, the fruit has been harvested for both medicinal and nutritional value; its history is intimately entwined with the history of wine. The earliest evidence of domesticated grapes has been found at Gadachrili Gora, near the village of Imiri, Marneuli Municipality, in south eastern Republic of Georgia; carbon-dating points to the date of about 6000 BC. It is said the first thing Noah does post-flood upon reaching dry land is plant a vineyard, get trashed, and pass out in his tent.



It has been used as a wound healer and anti-inflammatory, dating back to European folk healers. It is now used for its numerous properties that are thought to be beneficial, including as an anti-dandruff, anti-fungal, anti-microbial, antioxidant, and UV absorber ingredient, and is therefore seen in a wide variety of cosmetics and personal care products. Write your hopes, dreams, and desires on a piece of paper and then wrap the paper in a Grape leaf. Bury it in the west corner of your property to ensure quick fruition.



# WALNUT

Juglans  
regia

Juglans regia, the Persian Walnut, English Walnut, Carpathian Walnut, Madeira Walnut, or especially in Great Britain, Common Walnut, is an Old World walnut tree species native to the region stretching from the Balkans eastward to the Himalayas and southwest China. The Latin name for the Walnut was nux Gallica, "Gallic nut". In the fourth century BC, Alexander the Great introduced this "Persian nut". In Skopelos, a Greek island in the Aegean Sea, local legend suggests whoever plants a walnut tree will die as soon as the tree can "see" the sea. The sayings refer to the relatively slow growth rate and late fruiting of the tree.

The witches of Benevento were reputed to come from all over Italy to gather for their sabbaths under the sacred walnut tree of Benevento. In rural villages of the Rađevian region of western Serbia, the head of the household would crack a walnut on Christmas morning. If the walnut was sound, it was thought that the coming year would be prosperous. If the walnut was shrivelled, the head of household would avert the bad omen by running three times around his house, at the same time shouting what could be paraphrased as "Do not listen, God, to Jack, who is full of cack." If you're struggling to make a difficult decision, place a Walnut in each hand and ask for guidance from your spirit. You will get results in a day!





# WATER VIOLET

Hottonia  
palustris



Hottonia palustris, also Water Violet or Featherfoil, is an aquatic plant. Featherfoil is found in Europe and northern Asia. The species epithet palustris is Latin for "of the marsh" and indicates its common habitat. Featherfoil can be kept in a cool or tropical aquarium. It can be grown in or around ponds, for which it is considered a good oxygenator. Its bushy leaves provide protection for fish and fry along with a good source of oxygen. Water Violets flower in May and June, producing white or pale violet flowers with yellow 'eyes' which are held above the water. The flowers are hermaphrodite and pollinated by insects. The plant is self-fertile. Lineaus named the genus after a Dutch professor of medicine and botany at Leiden University, Petrus Hotton (1648 – 1709).

*"There are few prettier sights than a company of these elegant flowers rising clear above the surface, their slender stems bearing whorls of the pink blossoms, while the dark green featherlike leaves remain submerged. This "featherfoil," as it is sometimes called, is as lovely as the primrose of the woods."* - The Call of the Wildflower, by Henry S. Salt

It has been used in folk medicine for treating diseases, including heart problems.

# WHITE CHESTNUT

Aesculus  
hippocastanum

Aesculus hippocastanum is a species of flowering plant in the soapberry and lychee family. It is a large deciduous tree, commonly known as horse-chestnut or conker tree. The common name "horse-chestnut" is reported as having originated from the erroneous belief that the tree was a kind of chestnut, together with the alleged observation that the fruit or seeds could help panting or coughing horses. During the First World War, there was a campaign to ask for everyone to collect horse-chestnuts and donate them to the government. The conkers were to produce acetone. This was used as a solvent for the production of cordite and finally armament.

Druids often made staffs from Chestnut wood, because the physical connection to the wood allowed the user to draw longevity and invigoration from the wood. Sitting under a Chestnut tree will help ground and clarify the mind during periods of meditation. For centuries, it was believed that if a man carried the Chestnut nuts in his pocket, it would improve his sexual performance and he would have better luck seducing a woman. These nuts can be oiled, strung together, and placed over your front door for protection, to attract love, and to assure abundance.





# WILD OAT

Bromus  
ramosus

Bromus ramosus is commonly known as the hairy brome – one of around 170 brome grasses in the genus. The brome grasses are classified in a different genus but within the same family as the common oat (*Avena sativa*) and both their genus names are Latin words for oats. Other relations include the wheat-grass family (wheat, barley and rye). Bromus ramosus, the hairy brome, is a bunchgrass in the grass family Poaceae, native to Europe, northwest Africa and southwest Asia. The name Bromus comes from the term brome, meaning oats. It is pre-eminently a plant of roadside and track, of hedges, banks and woodland verges. It grew originally, perhaps, inside woodland, persisting after trees had been felled, left behind in the cleared ground, a marker species.

Wild Oat flowers towards the end of July, coming late in the season. Two glumes hinge open to reveal yellow stamens (the male, pollen-producing parts) and the white feathery stigmas (the female). These all hang down from the spikelet so that the pollen dusts over the stigmas. But the glumes rarely open fully to expose them since this requires the warmth of strong sunlight. When they do open it is only for a few hours, then, after pollination, the flowering is over. Seeds form within the shelter of the glumes and are only released at the end of summer. Formerly, oat straw was used to fill mattresses, proving beneficial to those suffering from rheumatism.





# WILD ROSE

Rosa  
canina



Rosa canina, commonly known as the Dog Rose, is a variable climbing, wild rose species native to Europe, northwest Africa, and western Asia. It is a deciduous shrub normally growing to about five meters. Its stems are covered with small, sharp, hooked prickles, which aid it in climbing. The leaves are pinnate. The flowers are usually pale pink, but can vary between a deep pink and white. They are about six cm in diameter with five petals. In Bulgaria, where it grows in abundance, the hips are used to make a sweet wine as well as tea. In the traditional Austrian medicine, Rosa canina fruits have been used internally as tea for treatment of viral infections and disorders of the kidneys and urinary tract. The hips are used as a flavoring in Cockta, a soft drink made in Slovenia.

Medicinal interest in rose hips has increased as a consequence of research that has explored the potential application of rose hips for treatment of several diseases including skin disorders, hepatotoxicity, renal disturbances, diarrhea, inflammatory disorders, arthritis, diabetes, hyperlipidemia, obesity and cancer. It is known to have been used to treat the bite of rabid dogs in the 18th and 19th centuries. In Germany it is linked to the Devil and its fruits were said to be used by fairies to make themselves invisible.

# WILLOW

Salix alba  
'Vitellina'

Salix alba vitellina is a deciduous tree growing to about twenty meters. It is in flower from April to May, and the seeds ripen in June. The flowers are catkins about two 5 cm long and yellowish-green in color. Early Americans and Europeans used an extract for headaches, fever, gout, and pain. Willow is a source of salicin which is broken down to salicylic acid, the main component in aspirin. Inner bark can be eaten raw or cooked. It can be dried, ground into a powder and then added to cereal flour for use in making bread. White willow and several closely related species have been used for thousands of years to relieve joint pain and manage fevers. The bark is anodyne, anti-inflammatory, antiperiodic, antiseptic, astringent, diaphoretic, diuretic, febrifuge, hypnotic, sedative and tonic.



Willows have long been associated with loss and bitterness. In the 17th century those forsaken in love wore willow garlands. In Japanese tradition, the willow is associated with ghosts. Willow branches are also put up on gates or front doors, which they believe help ward off the evil spirits. In English folklore, a willow tree is believed to be quite sinister, capable of uprooting itself and stalking travellers. Collect nine willow branches and braid them together while they are fresh. Symbolically sweep the area with the branches to clear spirits from your home.

# ROCK WATER

This is the only Bach Flower remedy that is not a flower.

... Water desires nothing for itself, it gives of itself freely...  
As in its very nature it is itself pure, it can purify, refresh,  
heal, strengthen, revive and clarify all things... .

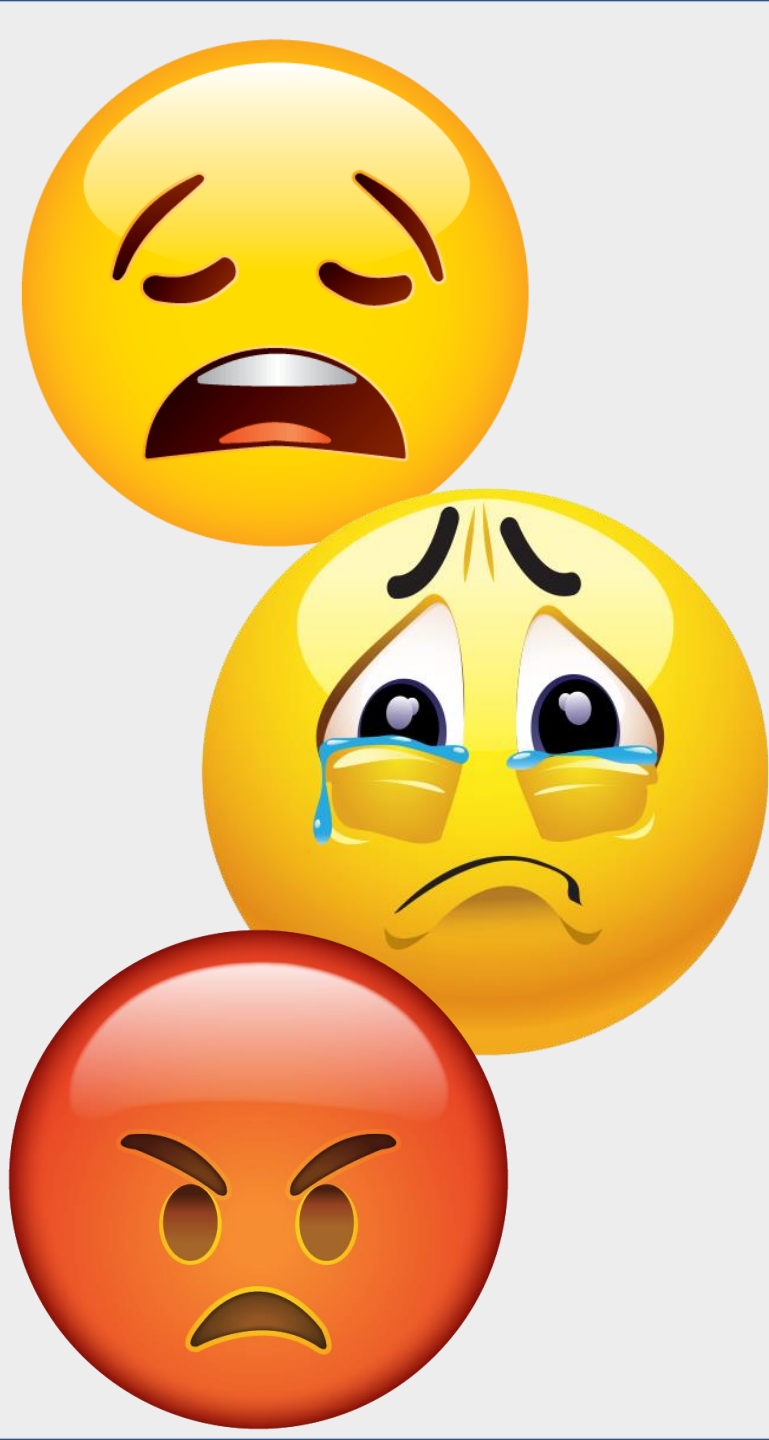
Water...makes itself clear and transparent; in the pure  
play of color in the rainbow it attains the fullness of  
possibilities... \*

It has long been known that certain wells and spring  
waters have had the power to heal some people, and  
such wells or springs have become renowned for this  
property. Any well or any spring which has been known  
to have had healing power and which is still left free in  
its natural state, unhampered by the shrines of man, may  
be used.



\* <http://www.flowersociety.org/schuster-rock-water.html>



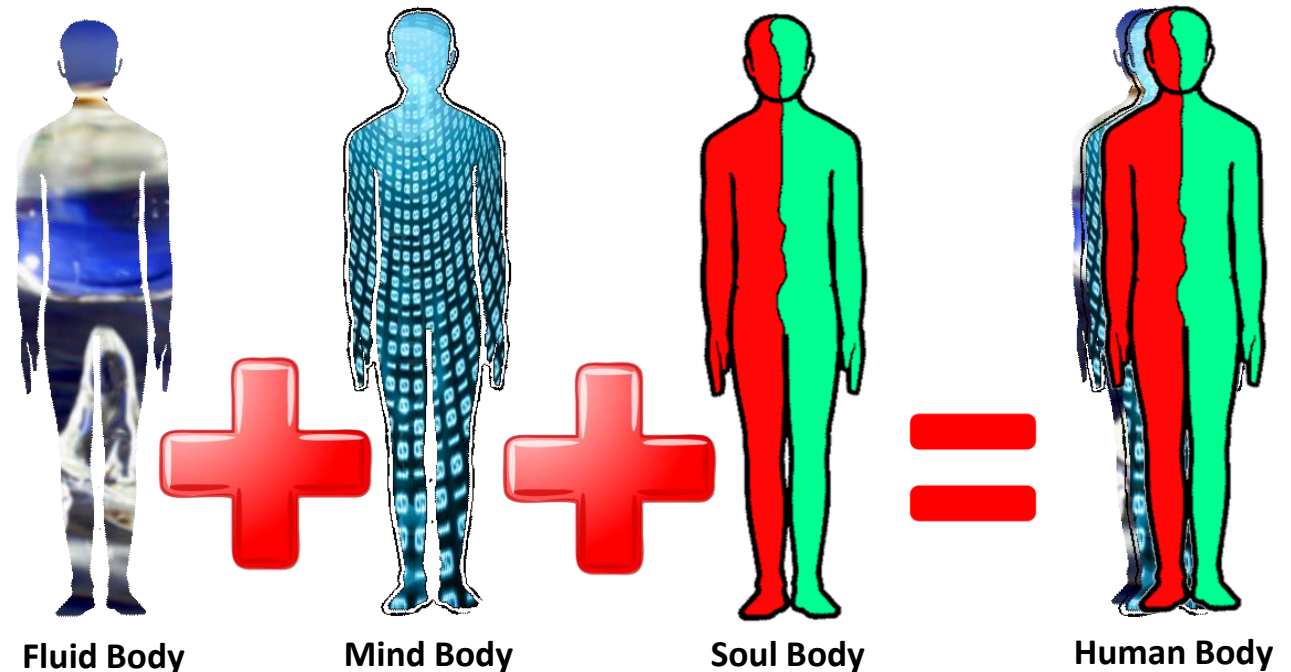


Emotions

# Our notes on Emotions

Sadhguru in his book Emotion beautifully describes it as a “The Juice of Life”. He says its is a just the juicier part of thought. Thought is the logical and dry working of mind and emotion is rooted in the same logic to add juice to your life. He says emotions are required otherwise your life is not worth living. Logical life would end in a question “To be or Not to be” and this it. Emotions give life a reason to go on and enjoy the experiences. Emotions without control is madness but if you have control and you can go into it and come out unscathed it is a wonderful dimension. People see emotions as problems because they remember the bad and negative emotions. If they had good emotions within them they would not consider it a problem. Every experience has a chemical basis. In this book he goes deep into different emotions like grief, fear, depression or sadness, anger, resentment, jealousy, guilt and happiness or joyfulness.

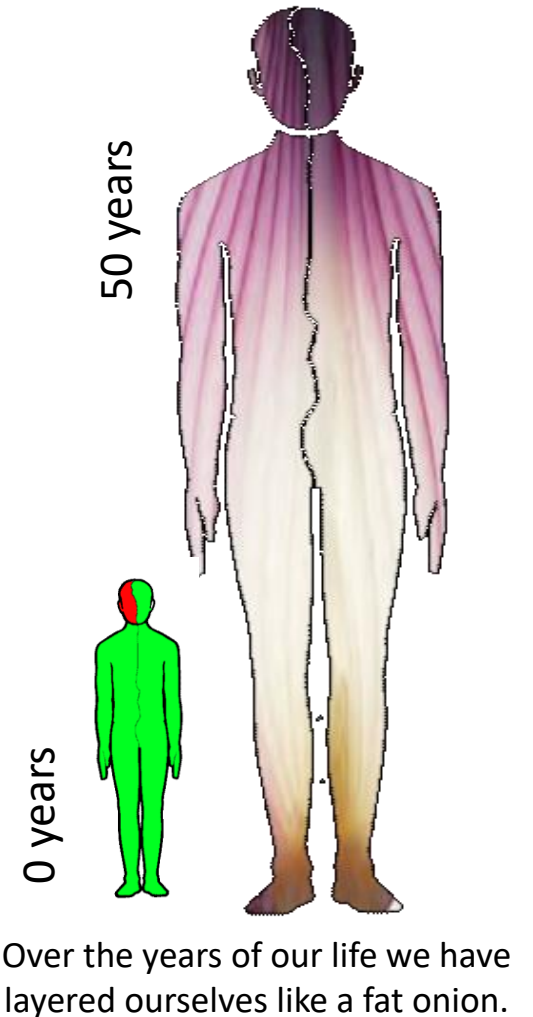
We believe our body consists of the **fluid body** that is all chemicals and its interaction, the logical body that is analytic and has perception, meaning, learning and memory. This is the **mind body**. The third is an yes/no body or joy/sad or conducive/nonconductive body or perhaps the **soul body**. This provides the positive and negative sense for emotions that are then interpreted by the mind and body. If a situation is interpreted by the mind as dangerous, the body tries to run or it may freeze. The danger is interpreted by the mind as a non conducive response from the soul. Anger causes a change in body temperature, blood gushes to the face and the hands clench. All three are always interacting.



# Our notes on Emotions

The soul body is all green and joyful at birth. It does not know what is **not joy** or **not conducive**. The breathlessness feeling starts the first response of the newborn. The body demands oxygen, the soul says this is not good and the mind interprets it as danger, the small being responds with a lusty cry. The second thing that happens is the feeling of hunger that again elicits a cry. The newborn knows only this. As it grows it senses touch, sees face, hears the sound and the mind learns, the body produces more chemicals and the soul still responds with a conducive or non conducive message but it starts losing its pure joy. Layers and layers of chemicals, layers of learnings enter into the body based on the environment. The child going to school knows fear as it meets new faces. It is taught good and bad handwriting, competition, doing the best, completing homework and it learns anxiety, happiness, sadness, anger, jealousy and other emotions as it goes along. The body chemicals respond by converting anxiety to vomiting, fear to fever and increase in temperature, and sadness to coldness in temperature in the child. We have so many years of these accumulated changes and learnings like the onion peel!

What does all this have to do with Bach Remedies? Bach remedy tries to correct the emotions so as to correct the body of its ailments. It wants to bring the positive energy more often by making the soul body more green. One needs to peel away these layers of learning, cleanse the body chemicals to see the soul. This is listening to the inner voice. One has to be honest and brave to really delve deep into the psyche to understand what makes us tick and provide the correct remedy that will help ease the curing process. We need to be able to articulate what our true emotions are, understand them, find the root cause of these emotions and cure it. [Let us understand emotions!](#)

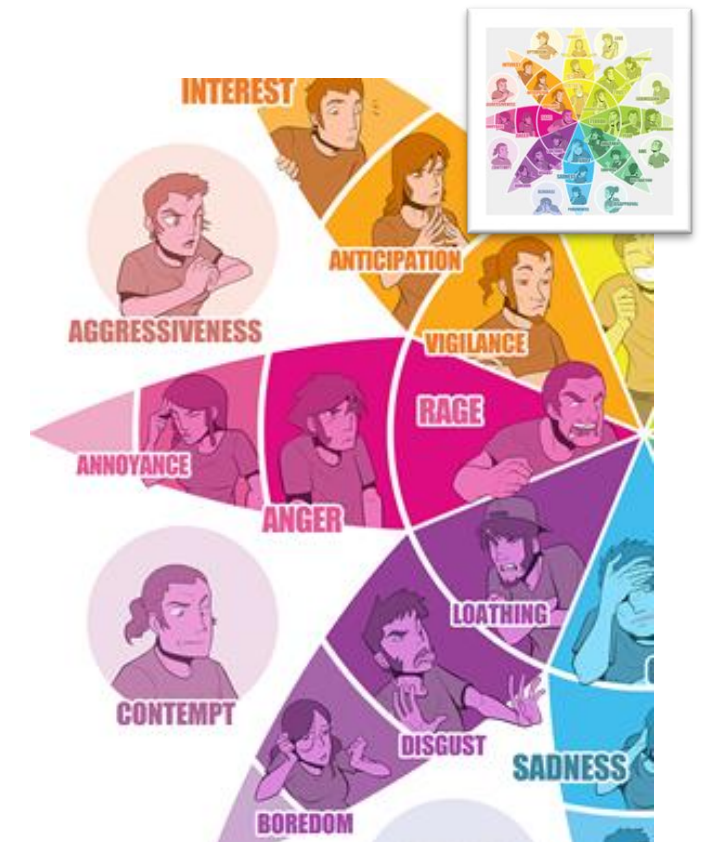




# Our notes on Emotions - Plutchik Wheel

We have found that the Plutchik Wheel is a good way to understand emotions. Psychologist Robert Plutchik has defined this wheel based on statistical study on many candidates. He defines 8 basic emotions: Joy, Trust, Fear, Surprise, Sadness, Anticipation, Anger, and Disgust. Plutchik's wheel of emotions illustrates these 8 basic emotions and the various ways they relate to one another, including which ones are opposites and which ones can easily turn into another one.

These are defined using 100 and more words that describe emotions and placing them around a wheel. Two emotional words which are close together mean similar. Thus Panicky (67.7 deg), Afraid (70.3 deg) and Shy (72.0 deg) define similar emotions. Opposite emotions are opposite each other. Thus Ecstatic (286.0 deg) is opposite to Sad (108.5 deg). The intensity of the emotion is also defined very nicely. As one goes towards the centre of the wheel the intensity of the emotion increases. Thus Annoyance is milder to Anger which is milder to Rage. The 8 basic emotions provided in the second level (e.g. Anger) can combine with the next "wheel spoke" to define a new emotion. This is like the three basic colours providing many different colours. Anger mixes with Disgust to provide a new emotion Contempt. This is the primary Dyad. Similarly emotions can mix with the next to next spoke to provide a new emotion. This is the secondary Dyad. Thus Anticipation can mix with Disgust to give you Cynicism. There can be more such combinations by skipping another spoke. Look at the detailed pictures in the next two pages to understand these combination of emotions. It is very interesting how we interpret emotions and what they mean to us. It has been very enlightening to us.

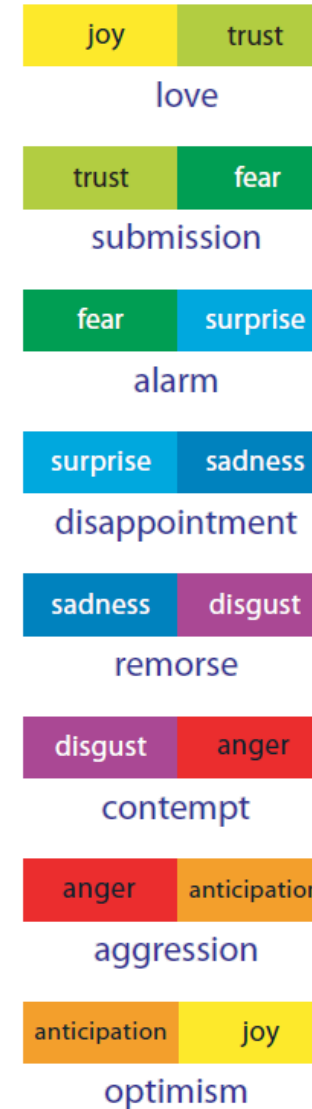


Angle Data taken from Robert Plutchik - Emotions in the Practice of Psychotherapy Clinical Implications of Affect Theories

# Plutchik Wheel



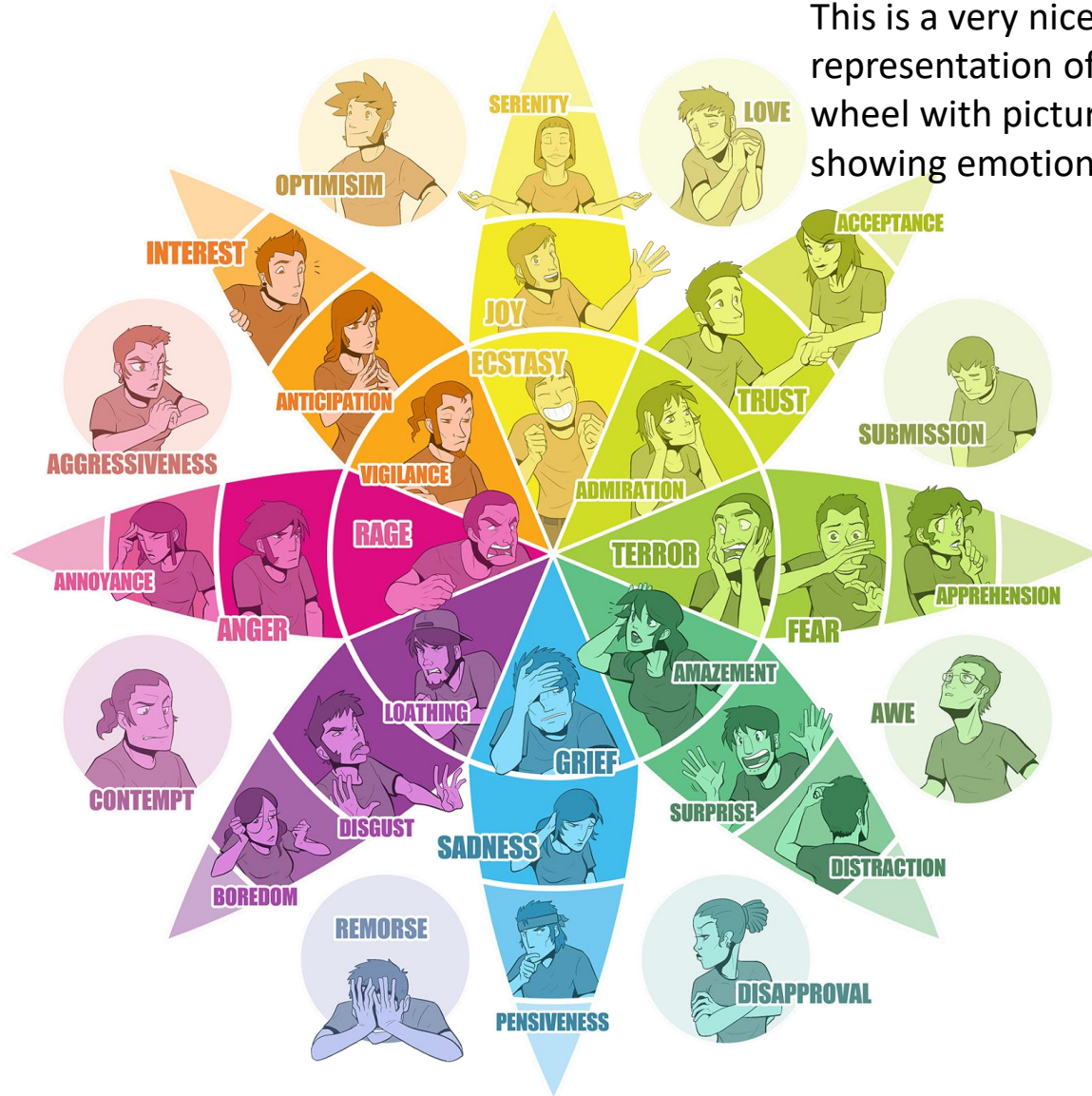
## [often felt] PRIMARY DYADS



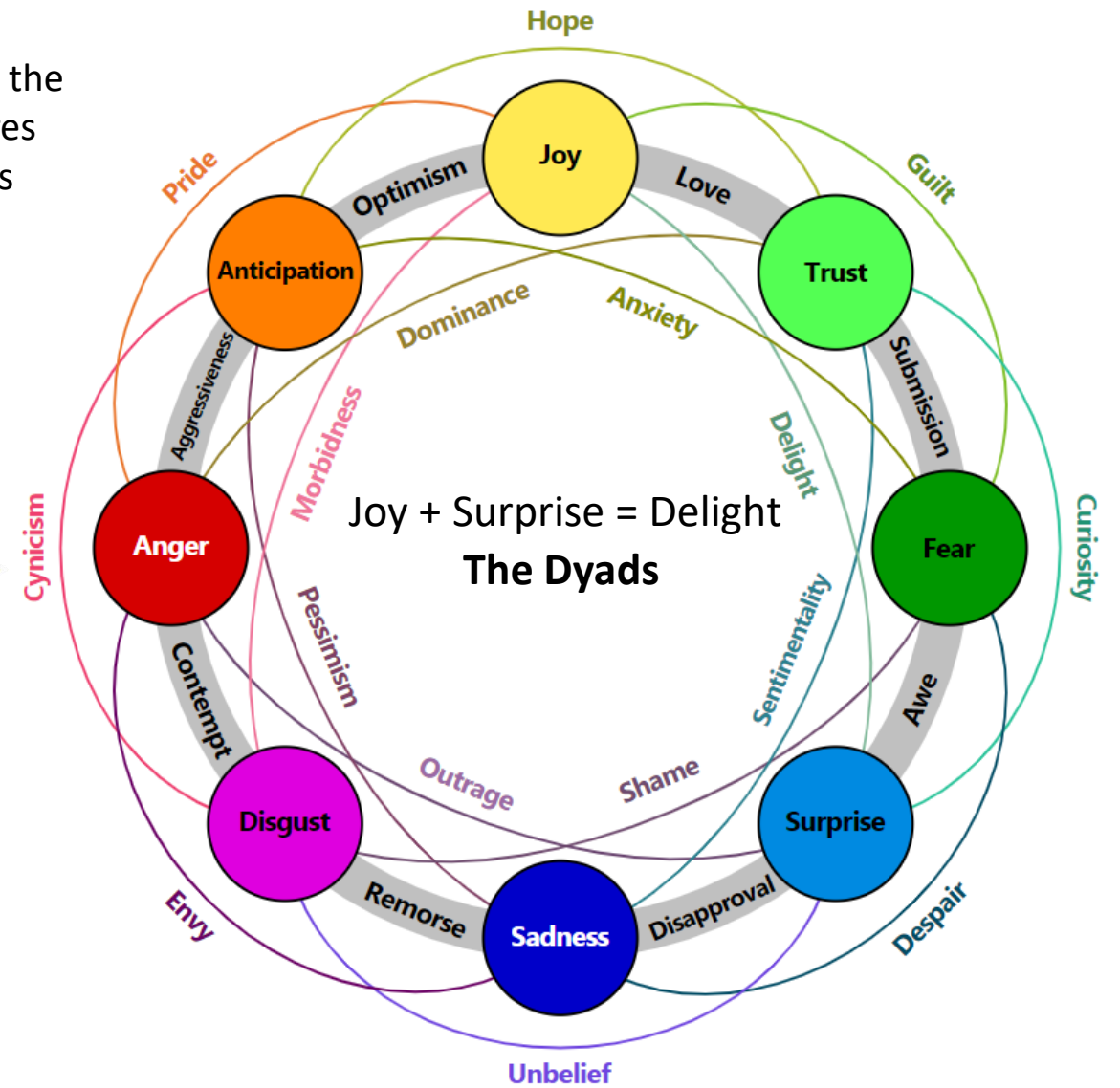
## [sometimes felt] SECONDARY DYADS



EMOTION: A Psychoevolutionary Synthesis by Robert Plutchik; Harper & Row, Publishers (1980) Poster by University of Applied Sciences Potsdam, Germany, February 2007



This is a very nice representation of the wheel with pictures showing emotions



<https://www.oodlesstudio.com/blog/plutchiks-wheel-emotions/> (there are other sources also)

<https://en.wikipedia.org/wiki/Emotion>



# Our notes on Emotions – Identifying emotions

The first step that is required to be done is to identify the emotion we are experiencing. This is easier said than done. We express emotions in different ways. We, if we are talking in English, will use some of these words “I am moody ... I am kind of jumpy about meeting him ... I am thrilled” and so on. What if we use our mother tongue? This creates a new dimension. We found another good source\* to define this and it provides a good solution. Emotions are classified as 8 base types here Love, Happiness, Fear, Anger, Sadness, Shame, Jealousy and Disgust. These are a family of set of words that define the emotion. The first step is to label the emotion and identify the family. The book provides a set of words. You can make a set of words for yourself and your family based on the way you express emotions at home. I normally say “perturbation” or “perturbed”. This is my anxiety so it comes under Fear family. The referred book does not list this.

The emotion is normally triggered by an event. A thief will feel fear if he hears the police siren while robbing a house. It is also based on the situation. If he is already in jail he will not feel fear when he hears the same siren. Emotions are clearly related to this trigger. It is easy to identify the emotion if you know the trigger that set it off. Triggers and perceptions together cause an emotion. A dog barking would remind you of an experience of dog chasing you and it would cause fear. If you are a dog lover and have one at home you may be curious as to which dog was barking. The mental interpretation of the trigger matters in the creation of the emotion.

Once the emotion is created the body responds with the chemical process. There is an urge to react to the emotion. Happiness leads to an action of clapping hands and laughing. Fear leads to running away or perhaps soiling the pant as an extreme. The final part of the cycle of emotion is the aftereffect of the emotion. Aftereffect of fear could be loss of control. It also could be anger or shame. This could again act as a trigger to body to have another emotion. It is always better to address the primary emotion rather than the secondary emotion. We present the eight emotions and the word, the triggers, the actions and aftereffect in the next eight pages \*.

\* Erin Olivo - Name That Emotion - A Mindful Approach to Understanding Your Feelings and Reducing Stress

# Our notes on Emotions – Fear

Keywords	Trigger	Interpretation	Action	Aftereffects
afraid, agitated, agony, alarmed, anticipation, anxious, apprehensive, beleaguered, cautious, concerned, desperate, dismayed, distress, disturbed, dread, fearful, foreboding, frightened, harried, homesick, horror, hysterical, jittery, jumpy, nervous, panicked, querulous, scared, shocked, shy, stressed, tense, terror, timid, uncertain, uncomfortable, uneasy, vigilance, wary, watchfulness, worried	<ul style="list-style-type: none"><li>• Danger or perception of danger</li><li>• Unfamiliar situation</li><li>• Darkness</li><li>• Being alone</li><li>• Belief that something bad is going to happen to you</li><li>• Situation similar to one in which you have been hurt or seen others hurt in the past</li><li>• Anticipating criticism, disapproval, or rejection</li><li>• Expecting failure</li><li>• Strange sound when alone</li></ul>	<ul style="list-style-type: none"><li>• This is dangerous.</li><li>• I really need help.</li><li>• I’m not going to get what I need.</li><li>• This is a going to be a big failure.</li><li>• I am going to lose this relationship.</li><li>• I’m not going to be able to handle this.</li><li>• This is out of control.</li><li>• I can’t help it.</li><li>• I can’t do this.</li><li>• I used to be really good at this.</li><li>• This is going to hurt me.</li><li>• I am going to die.</li><li>• Something wrong!</li></ul>	cry, whimper, scream/yell, call for help, hide, leave, move quickly, avoid, stare, talk too much, run away, stop talking, freeze, speak nervously or quickly, feeling of bowel movement, urinate	<ul style="list-style-type: none"><li>• Loss of focus</li><li>• Loss of control</li><li>• Memories of other frightening situations or events</li><li>• Thoughts of what else could go wrong</li><li>• Numbness or shock</li><li>• Anger</li><li>• Shame</li></ul>

We could add some more emotion words into the table. We have listed some 370 words on emotions and categorized them into these families.

\* Erin Olivo - Name That Emotion - A Mindful Approach to Understanding Your Feelings and Reducing Stress



# Our notes on Emotions – Anger

Keywords	Trigger	Interpretation	Action	Aftereffects
aggravated, aggressive, agitated, anger, annoyed, antagonized, bitter, calculating, capricious, conceited, contemptuous, contentious, crabby, cranky, crazed, cross, cruel, defiance, destructive, disapproval, displeased, enraged, exasperated, explosive, ferocity, frustrated, furious, fury, grim, grouchy, grumpy, hateful, hostile, indignant, insulted, irate, irritable, irritated, mad, mean, ornery, outraged, pushy, quarrelsome, quirky, resentful, scornful, spiteful, threatening, vengeful, vexed, wrathful	<ul style="list-style-type: none"> <li>• Losing power or status</li> <li>• Being insulted</li> <li>• Pain (physical or emotional) or the threat of pain</li> <li>• Someone taking something from you or someone close (or the belief that someone has)</li> <li>• Something not turning out as you expected</li> <li>• Disruption of an important activity</li> <li>• Not getting something you want</li> <li>• Having to stop doing something you are enjoying</li> <li>• Hindrances to your work</li> </ul>	<ul style="list-style-type: none"> <li>• She's trying to hurt me.</li> <li>• He's blocking my goal.</li> <li>• This is unfair.</li> <li>• This is not the way it is supposed to be. This is not right.</li> <li>• I am right, and that is all there is to it.</li> <li>• This is just wrong.</li> <li>• I am not being allowed to pursue my happiness</li> <li>• My path or intention for the day is getting blocked</li> </ul>	attack verbally, criticize, attack physically, curse, yell/scream/shout, complain, gesture aggressively, stomp, brood, withdraw, clench fists/muscles, hit something, throw or break something, blow up, slam doors, grit teeth, walk out, do something rash (not done normally)	<ul style="list-style-type: none"> <li>• Thinking about what made you angry, over and over</li> <li>• Thinking about or dealing with only what made you angry</li> <li>• Thinking of another time something made you angry</li> <li>• Imagining things that will make you angry in the future</li> <li>• Paying attention only to anger and other negative emotions</li> <li>• Numbness</li> <li>• Shame or fear</li> <li>• Kicking yourself (figuratively)</li> </ul>

\* Erin Olivo - Name That Emotion - A Mindful Approach to Understanding Your Feelings and Reducing Stress



# Our notes on Emotions – Sadness

Keywords	Trigger	Interpretation	Action	Aftereffects
alienated, anguished, bereft, blue, bored, crushed, defeated, dejected, depressed, despairing, despondent, disappointed, discouraged, disheartened, dismayed, dissatisfied, distraught, down, downhearted, dreary, exhausted, forlorn, gloomy, glum, grief, hopeless, hurt, insecure, isolated, jaded, lonely, melancholy, misery, mopey, morbid, morose, mournful, neglected, oppressed, pensive, pessimistic, pitiful, placid, quiet, rejected, resigned, sorrowful, stoical, subdued, suffering, tragic, unhappy, weariness, woe	<ul style="list-style-type: none"> <li>• Loss of something important to you</li> <li>• Losing someone important to you</li> <li>• Thinking about loss or separation</li> <li>• Rejection</li> <li>• Not having what you want</li> <li>• Getting what you don't want</li> <li>• Something turning out badly</li> <li>• Not feeling valued</li> <li>• Being disapproved of or disliked</li> <li>• Being powerless</li> <li>• The company of someone in pain</li> <li>• Thinking about others' troubles</li> </ul>	<ul style="list-style-type: none"> <li>• This hurts.</li> <li>• This is hopeless.</li> <li>• I'll never get what I want.</li> <li>• I'll never get what I need.</li> <li>• I'm really going to miss him/her/this.</li> <li>• I will be separated</li> </ul>	withdraw, not try or not bother, be passive, be inactive, slump, keep my eyes closed, quit, cry, be alone, sleep, mope, give up, cancel plans, brood	<ul style="list-style-type: none"> <li>• Thinking about what made you sad, over and over</li> <li>• Thinking of other things that make you sad</li> <li>• Blaming or criticizing yourself or someone else</li> <li>• Inability to think of positive things</li> <li>• Numbness or shock</li> <li>• Anger, shame, or fear</li> </ul>

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# Our notes on Emotions – Jealousy

Keywords	Trigger	Interpretation	Action	Aftereffects
competitive, covetous, deprived, distrustful, envious, gloating, greedy, grudging, jealous, overprotective, petty, possessive, resentful, rivalrous, sarcastic, sardonic, stingy, sour, torment, venal	<ul style="list-style-type: none"><li>Someone else has something you want or need</li><li>You earned or are entitled to something you don't have—but someone else does have</li><li>Important relationship is in jeopardy</li><li>Someone taking away things that are important to you (or threatening to)</li></ul>	<ul style="list-style-type: none"><li>I am missing out.</li><li>They're going to take what I have.</li><li>I should have that, too.</li><li>Typical grass is green on the other side</li></ul>	try to control others, hoard things for myself, poke my nose into other people's business, avoid, deny others' merit, be close-minded, close my eyes, review all I lack, compare what I have with what someone else has, criticize someone else, threaten the other person, make accusations of disloyalty, spy on the other person, cling or be needy, do something to get even, go green with envy	<ul style="list-style-type: none"><li>Withdrawing</li><li>Becoming hypervigilant</li><li>Thinking over and over about what you don't have or what others have that you want</li><li>Fear or shame</li></ul>

In this era of social media a trigger would be something someone posted. It has triggered more incidences of envy, perhaps, than any other trigger. Social media is also a platform for aftereffects. People will post on the social media and share their emotions.

\* Erin Olivo - Name That Emotion - A Mindful Approach to Understanding Your Feelings and Reducing Stress



# Our notes on Emotions – Shame

Keywords	Trigger	Interpretation	Action	Aftereffects
<p>besmirched, chagrined, contemptuous, contrite, culpable, debased, degraded, disapproving, disdainful, disgraced, disgusted, dishonoured, disillusioned, disreputable, embarrassed, flummoxed, flustered, guilty, hateful, humbled, humbled, humiliated, humiliated, improper, infamous, introverted, invalidated, modesty, mortified, regretful, remorseful, repentant, reproachful, rueful, scandalized, scornful, shame, sinful, sorry, stigmatized</p>	<ul style="list-style-type: none"> <li>• Doing something you believe is wrong</li> <li>• Others discovering you did something wrong</li> <li>• Thinking of something you did wrong in the past</li> <li>• Something private being exposed</li> <li>• Being made fun of</li> <li>• Being publicly criticized</li> <li>• Having your integrity attacked</li> <li>• Being betrayed</li> <li>• Failure in something you are good at</li> <li>• Rejection</li> <li>• Getting criticism when you expected praise</li> <li>• Having your emotions invalidated</li> </ul>	<ul style="list-style-type: none"> <li>• I hate my body (thighs, hair, belly, nose, . . .).</li> <li>• I am worthless.</li> <li>• I am better than this.</li> <li>• I let them down.</li> <li>• I am so stupid.</li> <li>• It's dumb to feel this way.</li> <li>• I'm not good enough.</li> <li>• Why can't I be more like her?</li> <li>• I'm such a loser.</li> <li>• Who's ever going to love me?</li> <li>• How could I have done/said this</li> <li>• I was fooled</li> </ul>	<p>withdraw, cover my face, hide, grovel, lower my eyes/look down or away, avoid the people who knew I'd done wrong, slump, apologize, ask for forgiveness, give a gift, make amends, repair damage</p>	<ul style="list-style-type: none"> <li>• Shutting down</li> <li>• Impulsive behaviour</li> <li>• Seeking distraction</li> <li>• Avoiding thinking about what you did</li> <li>• Believing you are defective</li> <li>• Resolving to change</li> <li>• Numbness</li> <li>• Alienation</li> <li>• Anger, sadness, or fear</li> </ul>

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# Our notes on Emotions – Disgust

Keywords	Trigger	Interpretation	Action	Aftereffects
appalled, discontent, disenchanted, disgusted, dislike, distraction, fatalistic, grossed, insulted, intolerant, loathing, nauseated, off, offended, out, put, queasy, repelled, repulsed, revolted, revulsion, shocked, sickened, turned-off, upset	<ul style="list-style-type: none"><li>Interacting with something that could make you ill or that could otherwise hurt you</li><li>Interacting with someone whose words or actions could hurt you or your reputation</li><li>Interacting with someone you really dislike</li><li>Doing something you really dislike or are against your values</li></ul>	<ul style="list-style-type: none"><li>I don't like this at all.</li><li>That is so gross.</li><li>Get that away from me.</li><li>I can't stomach this.</li><li>You make me sick.</li><li>I hate this.</li></ul>	move away, be mean, criticize, grimace, clench muscles, make a face, throw away, cover up, clean up, throw up, scrub, use perfumes	<ul style="list-style-type: none"><li>Thinking over and over about the thing you dislike</li><li>Becoming hypersensitive</li><li>Fear or shame</li></ul>

In a Facebook study where the posts were changed with respect to frequency of them appearing on the display changed the emotions. It concluded *"Emotions expressed by friends, via online social networks, influence our own moods, constituting, to our knowledge, the first experimental evidence for massive-scale emotional contagion via social networks."* <https://doi.org/10.1073/pnas.1320040111>

\* Erin Olivo - Name That Emotion - A Mindful Approach to Understanding Your Feelings and Reducing Stress



# Our notes on Emotions – Happiness

Keywords	Trigger	Interpretation	Action	Aftereffects
agreeable, amazement, amused, assured, astonishment, awe, blissful, bubbly, calm, cheerful, complacent, compliant, composed, content, delighted, eager, earnest, ease, elation, enjoyment, enthralled, enthusiasm, equanimity, euphoria, excited, exhilarated, extroverted, exuberant, fascinated, generous, glad, gleeful, glowing, gratified, harmonious, jolliness, jolly, joviality, joy, joyful, jubilant, jubilation, merry, naughty, open, optimism, optimistic, outgoing, peaceful, pleased, pleasure, pride, proud, rapture, relief, relieved, relish, satisfaction, satisfied, self-assured, self-congratulatory, self-satisfied, sentimentality, smug, surprise, sympathy, thrilled, tranquil, triumphant, up, vivacious, well-being, wonder, zealous, zest	<ul style="list-style-type: none"> <li>• Success at a particular task</li> <li>• Getting what you want</li> <li>• Getting something you worked hard for or worried about</li> <li>• Being respected</li> <li>• Receiving praise</li> <li>• Something turning out as you hoped</li> <li>• Having your expectations exceeded</li> <li>• A fun surprise</li> <li>• Acceptance</li> <li>• Belonging</li> <li>• Being loved</li> <li>• Receiving affection</li> <li>• Being with people you love</li> <li>• Physical pleasure</li> </ul>	<ul style="list-style-type: none"> <li>• This is so nice.</li> <li>• I feel great.</li> <li>• Things are going great.</li> <li>• This pleases me.</li> <li>• I am energised</li> </ul>	smile, laugh, express positive feelings, hug someone, say positive things, be talkative, jump up and down, gloat, share happiness or want to, post on social media	<ul style="list-style-type: none"> <li>• Friendliness</li> <li>• Politeness</li> <li>• Optimism</li> <li>• Memories of other happy times</li> <li>• Anticipation of future happiness</li> <li>• Doing something nice for someone else</li> <li>• Resistance to getting annoyed or worried</li> <li>• Trust</li> </ul>

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# Our notes on Emotions – Love

Keywords	Trigger	Interpretation	Action	Aftereffects
acceptance, admiration, adoring, affectionate, allegiance, attachment, attraction, belonging, bewitched, bliss, caring, charmed, closeness, compassionate, connected, dependent, desire, devoted, ecstasy, enamoured, enchanted, enraptured, faithful, fondness, friendship, infatuated, interested, kind, kind-hearted, liking, longing, love, lust, neediness, nirvana, passionate, protective, respect, roused, serenity, spellbound, sympathetic, tender, trust, vulnerable, warm	<ul style="list-style-type: none"> <li>• Spending a lot of time with someone</li> <li>• Sharing a special experience with someone</li> <li>• Someone gives you something you want or need</li> <li>• Someone does what you want or need them to do</li> <li>• Communicating really well with someone</li> <li>• Physical closeness or sex</li> <li>• See someone or something considered beautiful</li> </ul>	<ul style="list-style-type: none"> <li>• He loves me.</li> <li>• She needs me.</li> <li>• He appreciates me.</li> <li>• She is so pretty.</li> <li>• He has a great personality.</li> <li>• I can always count on her.</li> <li>• He is perfect.</li> <li>• It/she/he is so beautiful/perfect</li> </ul>	say “I love you,” make eye contact, physical affection, smile, express positive feelings to someone, do something another person wants or needs, share an experience, spend time with someone, hug, take care of, share, love, glow	<ul style="list-style-type: none"> <li>• Thinking someone is perfect</li> <li>• Forgetfulness</li> <li>• Being distracted</li> <li>• Daydreaming</li> <li>• Openness and trust</li> <li>• Memories of other people you’ve loved or been loved by</li> <li>• Memories of other times, things, or situations you have loved</li> <li>• Thoughts of other positive events</li> <li>• Self-confidence</li> <li>• Trust</li> </ul>

\* Erin Olivo - Name That Emotion - A Mindful Approach to Understanding Your Feelings and Reducing Stress



# Our notes on Emotions – Affecting body

The emotions that we feel affects our fluidic body. The body map of emotions shows the activity felt by the participants of this survey when they feel the specific emotions. Happiness and Love activates the whole body. Anger affects the head chest and arms. Surprise affects the head and lungs. Depression affects the body in a negative manner as seen by the blue color.

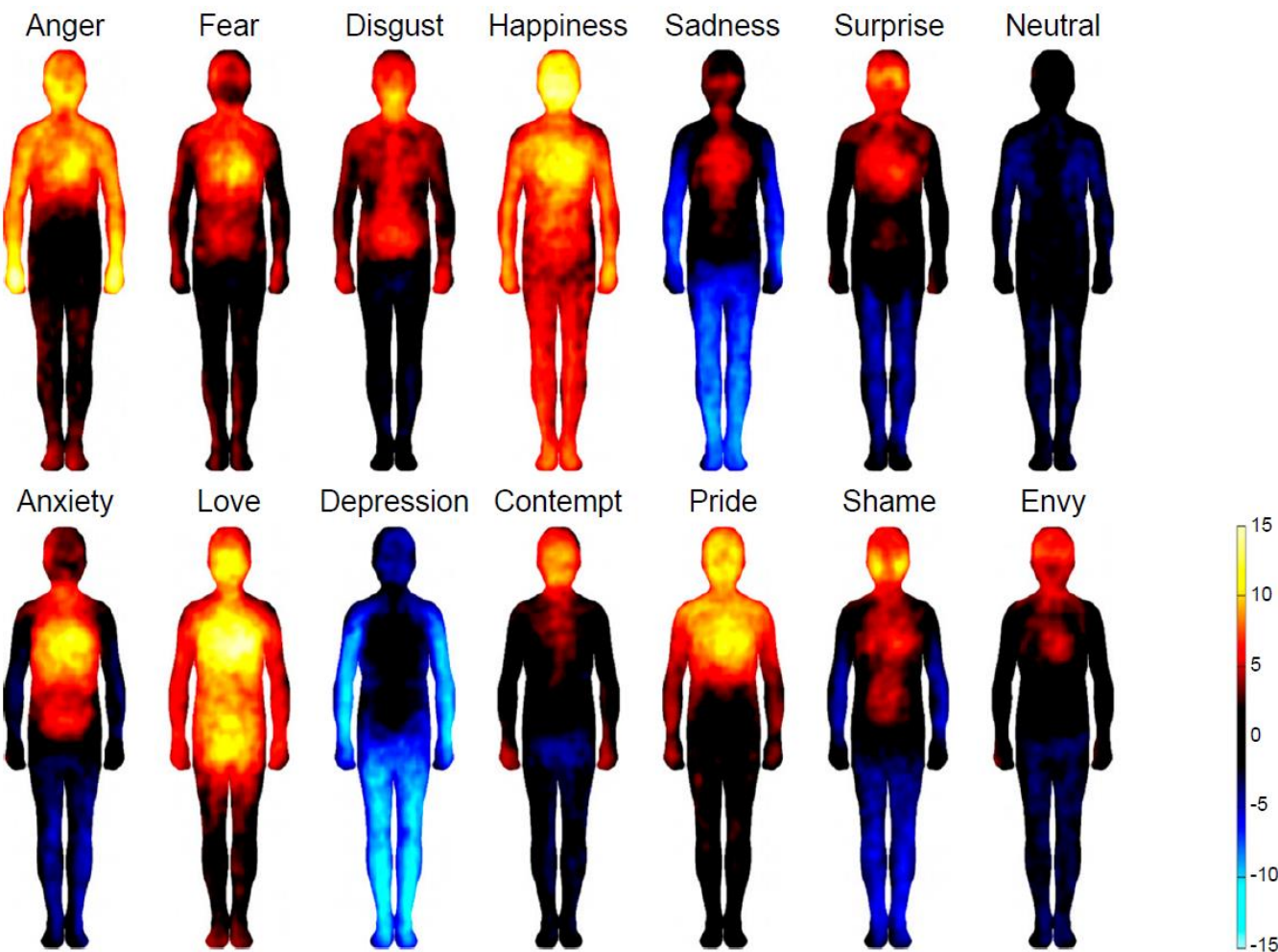
This map is a scientific study of emotions affecting the body. It is therefore important to understand emotions and their effects to go forward with Bach Remedies.

## Bodily maps of emotions

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Contributed by Riitta Hari, November 27, 2013 (sent for review June 11, 2013)



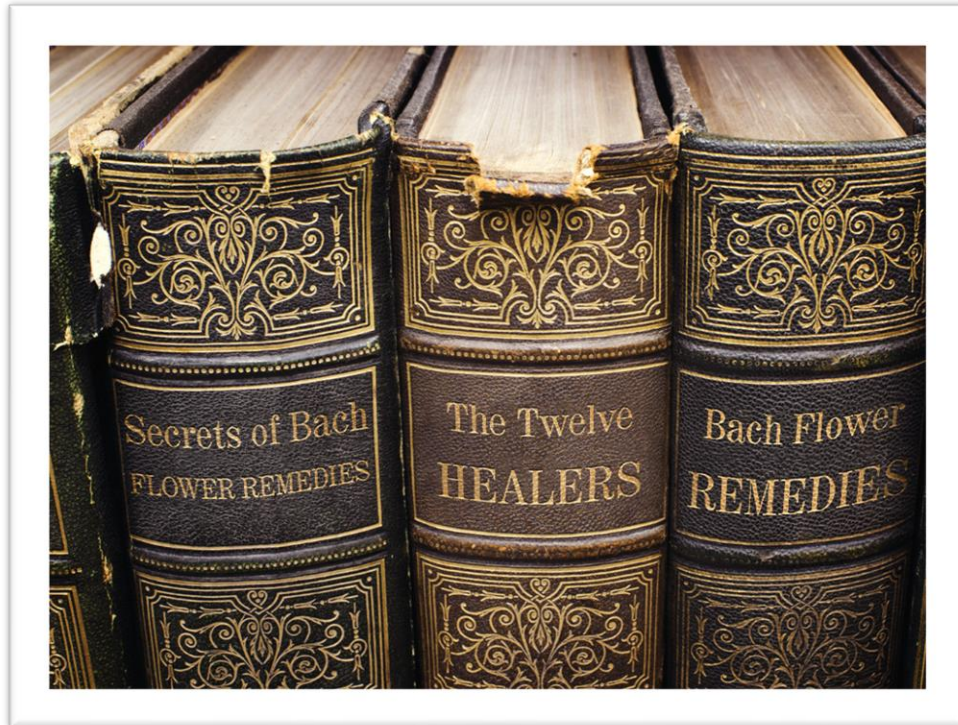
DOI link: <https://doi.org/10.1073/PNAS.1321664111>



## Detailing the Remedies



# Notes



We have read many books and all of them provide little details that we have taken down as notes. We provide this here as points. This will help us jog our memory and also help us in reading more later. We present this in the order of Dr Bach book which is the original. The original text of The Twelve Healers and Other Remedies is provided verbatim. This is in *italics*. We did not want to dilute his words. Other points are provided as bullets. We follow the order of the presentation in Dr Bach's book starting with Fear. The remedies are however presented in the alphabetical order. We have found Naran's blog a very useful source of information as case studies and explanations. Another website is Atul Sukhatankar's blog on these remedies. We hope the pictures we have designed will help in imprinting the image in you mind. We also like the book C. M. Barrett - Bach Flower Remedies: A User-Friendly Guide



# ASPEN

Nameless fear, Foreboding, Anxiety, Terror, Night terror, Effect of nightmares, Causeless fear - FEEL SECURE

*Vague unknown fears, for which there can be given no explanation, no reason. Yet the patient may be terrified of something terrible going to happen, he knows not what. These vague unexplainable fears may haunt by night or day. Sufferers often are afraid to tell their trouble to others.*

- If you find yourself anxious or fearful, have vaguely troubling nightmares, you cannot explain why or what is prompting the feelings. There may be dread of going back to sleep. Horror, bizarre ideas, delusions in relations can also be treated with ASPEN.
- If you have pronounced psychic sensitivity registering impressions from unknown and unseen.
- If you have fear of ghost, darkness, death, religion or even God then ASPEN is a good candidate to study and take.
- The fear is a goose flesh raising type of fear or a hair raising type of fear that can come on suddenly.
- If you have anxiety, insomnia, light dizziness, fear and restlessness, hallucinations you can take ASPEN. It is possible that your fingernails may be dry and fragile and colorless. Your pupils are dilated and you sweat and have nervous fluttery sensation in your stomach. It can be caused due to drugs also.
- Very rare disorders missing a clear entity can also benefit from ASPEN.
- A good analogy is people who tremble or quake with fear like the ASPEN. This may be an extreme case.
- It is good for people who have experienced or gone through a bad frightening experience but the mind has forgotten that incident as a preventive action.
- This a great remedy for panic attacks. People who go through these are very imaginative and prone to delusions. Some are even fascinated by the paranormal and occult. They have a heightened sensitivity and can sense beyond the normal.
- **ASPEN brings in the strength and takes the person away for the fearful darkness to light. Beyond the valley of death and dread comes the land of love stretching before them. ASPEN brings in a feeling of security and love.**
- Sigourney Weaver in the movie Copycat having a panic attack is a good example <https://www.youtube.com/watch?v=gQxFFKEYIM>

# ASPEN

Nameless fear, Foreboding, Anxiety, Terror, Night terror, Effect of nightmares, Causeless fear - FEEL SECURE

- The fear normally comes when the person is alone but it need not be so. Fear can come in the company of friends all of a sudden.
- Those who experience this fear seldom speak to others about this as they are not sure why it is happening to them. There is no logical reason that the conscious mind can comprehend.
- One needs to differentiate this fear from the fear of exams, of facing parents when the child has done something wrong, fear of height and flying. These are known fears. I have a fear of heights – something my conscious mind can overcome but it exists. These are MIMULUS type of fears. (see MIMULUS). In ASPEN fear the cause is not known. “Foreboding” is a good word.
- **Taking ASPEN helps bring in the faith that there is something beyond this fearful region and love and Universe are there to help you overcome this frightful experience.**
- Ms. A was of a extremely nervous disposition and was afraid of something she could not explain. She would faint during this experience. She suffered from palpitations. She recovered with ASPEN.
- **Notes from Naran’s blog <https://healbybachflowers.wordpress.com/2012/08/30/have-a-lucky-day/>**
- Q: I am in the IT industry. I want to buy a house. What if I get fired after I take up the mortgage? So I postponed my decision to buy a house.
- Naran : *You can lose a job even if you don’t buy a house. Take ASPEN – fear of unknown. Everybody has this fear, ‘How will be my life when I become retired and get old? There mayn’t be any support, the pension might not be sufficient and so on’. There is no basis for these fears. In our days, when somebody receives a telegram, they will get afraid to open it as there might be some bad news in it. However, a telegram can bring in good news too. In the modern days, if we get a call from somebody, who hasn’t called us for a long time, or if we get a call during late night, the first thought that crosses our mind is what if the call to share some bad news. Fearing about bad news, we may even fail to pick a phone. Such fears need us to take ASPEN.*

# CHERRY PLUM

Fear of losing self-control, Impulse of hurting someone, Loss of self-control, Irrational rage, Fear of going mad - BE IN CONTROL

*Fear of the mind being over-strained, of reason giving way, of doing fearful and dreaded things, not wished and known wrong, yet there comes the thought and impulse to do them.*

- Desperation a fear of losing control of the mind and a dread of doing some frightful thing characterise CHERRY PLUM.
- Kurt Cobain of the rock band Nirvana was in an extreme CHERRY PLUM state when he committed suicide. (*During the last years of his life, Cobain struggled with heroin addiction and chronic health problems such as depression. He also struggled with the personal and professional pressures of fame, and his marriage to musician Courtney Love. On April 8, 1994, Cobain was found dead at his home in Seattle at the age of 27; police concluded he had died on April 5 from a self-inflicted shotgun wound to his head. - Wiki*)
- This remedy is for the desperation and deep depression of those on the verge of a nervous breakdown.
- It is for those who in their despair contemplate turning to suicide as an escape. A typical statement from a patient: “I lost my husband recently and ever since I have had a dreadful depression and a fear of the future. What is the worst of all, I have a terrible desire to end it all with an overdose.”
- The distress becomes so great, that they fear the mind will give way under the strain. They fear that they will lose control of their thoughts or actions, and be impelled to do something dreadful or to commit an act which in happier times they would not even consider for a moment.
- “I have an irresistible impulse at times to do my husband or my child an injury” – one said.
- “I do not know how to go on, and I can no longer see my way out. It would be terrible to be shut up in an asylum”



# CHERRY PLUM

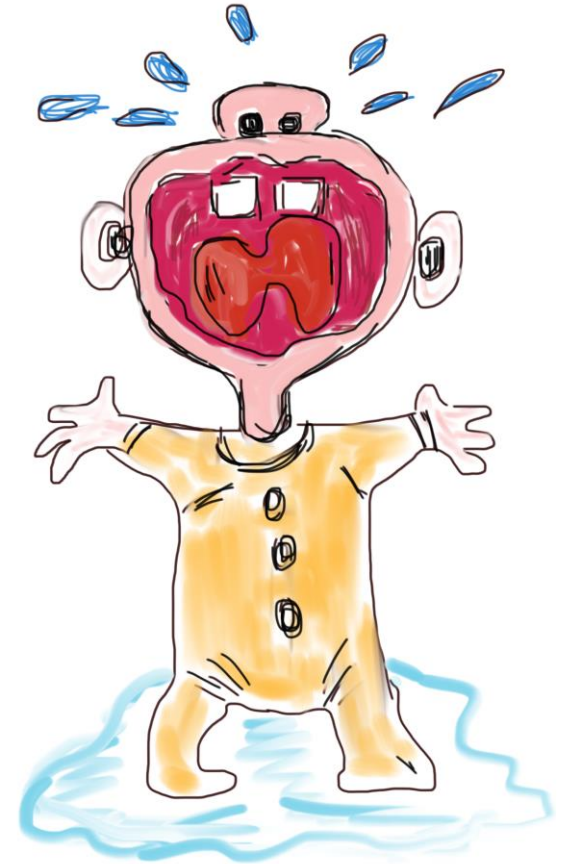
Fear of losing self-control, Impulse of hurting someone, Loss of self-control, Irrational rage, Fear of going mad - BE IN CONTROL

- “I have violent, almost murderous impulses which suddenly sweep across my mind. They result in my doing such things as pacing up and down, running, shadow-boxing mentally to settle an old score. I do not ordinarily feel like this”. A perceived slight or insult can make him turn violent and abusive.
- These types wish to harm themselves or others by taking unneeded risks or acting rashly.
- **CHERRY PLUM aids in restoring self-control and helps bring an awareness of what's really in one's best interest.**
- **The positive aspect is seen in the calm quiet courage and endurance of the prisoner of war for instance, who is undergoing mental and physical tortures, and who yet can retain his sanity.**
- It is highly recommended in times of extreme emotional crisis, when there is danger or threat of suicide. There are many other situations for CHERRY PLUM states where there is a tendency to lose control, such as in temper outbursts, abusive behaviour, towards others, out-of-control gambling, and credit card use, as well as substance abuse.
- In fact, CHERRY PLUM is helpful for risk taking of all sorts.
- It has also been extremely successful in treating psychosis, hysteria and obsessive-compulsive behaviour.
- *Q: Still I'm eating whatever is in my fridge and kitchen – sweets etc. I don't know whether it's real hunger or what. Or I feel bored, so I eat.* Naran: *To Control over-eating and impulsiveness: CHERRY PLUM*
- Suddenly an advertisement comes and we spend carried away by it and regret later. Not to do any **impulsive purchase** – **CHERRY PLUM** + Honeysuckle
- He will lose control of himself. When he gets angry he will throw things. It's a misplaced anger at an acute state level. He might be angry at somebody. However, he will show the same at somebody else. - CHERRY PLUM

# CHERRY PLUM

Fear of losing self-control, Impulse of hurting someone, Loss of self-control, Irrational rage, Fear of going mad - BE IN CONTROL

- It is also very helpful for children who lose control and throw temper tantrums, often turning violent like screaming and banging their head against the wall. Or in a child who cannot stop wetting his bed. This happens very often to a child who is reserved and holds back during the day and loses control of his muscles at night.
- “I try to control myself, but at times I fly off the handle and just wish everyone would disappear.”
- A CHERRY PLUM person feels everything is larger than life – his loves, his hates, his fears. Any emotional pain is unbearable and multiplied several times over in his heart. He doesn't feel others' pain. He is very self obsessed. His own pain might seem exaggerated to others but he feels deeply and goes through a lot of anguish in his life.
- This person is rarely spiritual. He is very self centred and does not see how others feel about him. He is not concerned about their feelings.



Tantrums

# MIMULUS

Fear, Quiet, Shy, Closed, Nervous, Timid, Phobias - FACE YOUR FEARS

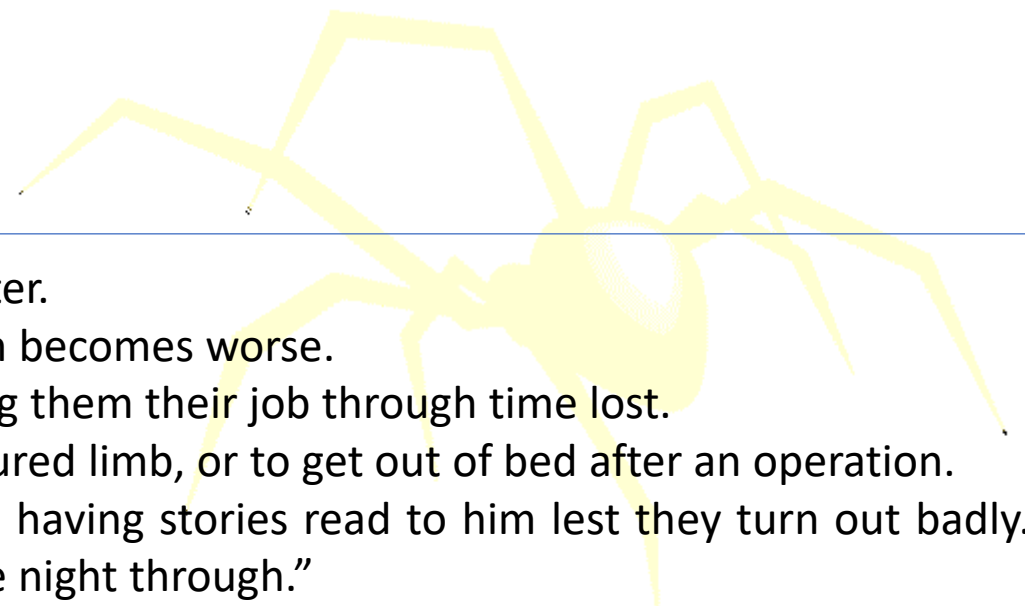
*Fear of worldly things, illness, pain, accidents, poverty, of dark, of being alone, of misfortune. The fears of everyday life. These people quietly and secretly bear their dread, they do not freely speak of it to others.*

- The indications for this flower essence are fears of known things those you can name and put your finger on such as fear of illness, fear of death, fear of not being financially secure, fear of loneliness, fear of intimacy, fear of public speaking, fear of animals, fear of heights etc. The MIMULUS type are timid people.
- Phobias have also been successfully treated with MIMULUS.
- This is the flower essence chosen for those who are extremely shy and timid individuals, characteristics which in most cases stem from a fear of being judged and rejected by others.
- Little Miss Muffet, the nursery rhyme character being afraid of a spider is a comical example.
- I can take MIMULUS for the fear of heights which I can consciously control. My wife has a fear of travelling by car which she controls by sitting in the back seat and holding on to the hand grip. Our son is scared of insects due to a butterfly that got into his shirt as a small child.
- The MIMULUS fear is less acute than the sheer terror of ROCK ROSE, and it is always caused by known reasons. Most of us have some pet fear which we would give much to lose, but which we find hard to overcome at times.
- The MIMULUS people are normally shy and retiring; they are prone to hide their anxieties. They may at times become tongue-tied with stage fright. They can become garrulous to conceal a nervous fear.
- **MIMULUS makes one courageous and promotes an ability to assess dangers.**



# MIMULUS

Fear, Quiet, Shy, Closed, Nervous, Timid, Phobias - FACE YOUR FEARS



- They blush easily, and occasionally they may stammer or stutter.
- When they are ill, they are almost afraid to move lest the pain becomes worse.
- They sometimes brood over the possibility of an illness costing them their job through time lost.
- During convalescence, they are afraid to try to exercise an injured limb, or to get out of bed after an operation.
- “A child feared going to the motion pictures, and he disliked having stories read to him lest they turn out badly. He was much too frightened to sleep alone, and seldom slept the night through.”
- “He is afraid of the teacher at his school, and the work is too difficult for him. He worries about it. He is a very sensitive, kind hearted boy, very sturdy and masculine. This terrible anxiety about school has resulted in his not sleeping well.” It is good for children who are facing a new situation.
- “A boy, aged 7 had just started to go to school, and he was very nervous. He was not sleeping well, and every morning he complained of a pain in his stomach so that he could not eat breakfast. He could not eat his lunch at school, because he was nervous about eating in the presence of strangers.”
- [Naran's Blog : Examples of MIMULUS below](#)
- *“Doctor, I can bear the pain, but not the prick of a needle. Please don’t administer injection for me.”*
- *A patient requests the doctor not do surgery and instead give him medicines. After the doctor has examined him he may say, “Doctor, I hope there is nothing to worry.”*
- *A person may have a small boil in his hand. When he shows that to the doctor, he would ask him “I hope this may not be cancerous!”*

# RED CHESTNUT

Worry, Anxiety about others, Anticipation of something unfortunate event happening to others, Caring for others - PEACE OF MIND

*For those who find it difficult not to be anxious for other people. Often they have ceased to worry about themselves, but for those of whom they are fond they may suffer much, frequently anticipating that some unfortunate thing may happen to them.*

- RED CHESTNUT is for parents who constantly worry about their kids. This in a way affects the kids too. All sorts of things each a worsen situation than the next is thought of if the child is late. We are a little like that. The environment today is bad and with the speed of communication we expect instant returns. In our days parents came to know if we had reached was after the 4 days it took for the post card to reach home.
- It helps you when you find it difficult not to be anxious for other people, you are afraid that some unfortunate things may happen to your loved ones. You also suffer greatly when the other person does.
- This is also the fear which causes a contraction of breath when we see a child crossing the road in front of an oncoming automobile, or someone slipping from an unsteady ladder.
- If you are needing to develop more detachment about a current relationship or social situation which is troubling you this remedy will help.
- Helicopter parents is the term used these days for protective parents!



Why did she not call?

# RED CHESTNUT

Worry, Anxiety about others, Anticipation of something unfortunate event happening to others, Caring for others - PEACE OF MIND

- This is an interesting observation and we quote *“A few days before he discovered RED CHESTNUT, Dr. Bach had a bad accident with an axe; this caused great anxiety on the part of those close to him as immediate first aid was applied to staunch the blood. When he had recovered. Dr. Bach said that we had experienced the state of mind of the next remedy which he would seek; a remedy to counteract the fear for others. He also added that our anxiety on his behalf, although we had done our best to hide it, had not helped him at all. His sensitivity was so great that he could not avoid sensing and reacting to our feelings of the moment; any thought of depression, worry or fear in another person would cause him acute physical pain. Let us never forget that negative thoughts not only harm us, but also those around us!”* (P M Chancellor)
- In a sustained RED CHESTNUT state, we may find imbalance in which it is possible to observe anguish, worry, fear, apprehension, an exaggeration of emotions and of the situation the person is experiencing, melancholy, digestive disorders, mucus, and localized anguish in the epigastric and abdominal area.
- Both the person who frets and worries as well as the person who is the object of these sentiments lose a part of their freedom, making their development, learning, and growth more difficult. In both people we may find disorders related to mucus, phlegm, and viscous substances.
- A person in RED CHESTNUT state needs to cultivate the virtues of faith and confidence. **The positive aspect of this Remedy is the ability to send out thoughts of safety, health or courage to those who need them, and who may be in danger or ill at the time. It is the ability to remain calm, mentally and physically, in any emergency.**



# ROCK ROSE

Terror, Fear, Panic, Sudden Shock - HAVE COURAGE

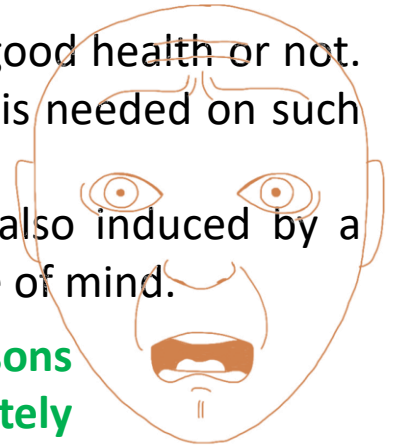
*The remedy of emergency for cases where there even appears no hope. In accident or sudden illness, or when the patient is very frightened or terrified, or if the condition is serious enough to cause great fear to those around. If the patient is not conscious the lips may be moistened with the remedy. Other remedies in addition may also be required, as, for example, if there is unconsciousness, which is a deep, sleepy state, Clematis; if there is torture, Agrimony, and so on.*

- The fear of the ROCK ROSE can start as a RED CHESTNUT, MIMULUS or ASPEN type of fear, but the intensity of the fear of the ROCK ROSE is much greater. A fitting word for this type of fear is terror. Patient is totally hopeless, the extreme fear can produce the state of panic, where every conscious thought is impossible.
- ROCK ROSE remedy is for accidents, serious injuries, shocks of all kinds, natural disasters, sudden serious illnesses like say cancer. These situation however describe only the sudden shock-like experiences, that would require the ROCK ROSE. The suddenness of the cause can disrupt a steady planned life causing sheer panic – what now?
- In extreme situations, where the patient is unconscious or where he cannot drink, the lips of the patient can be moistened by the remedy and the healing will take place.
- “No one on earth should get this type of suffering (which I have now.)” – ROCK ROSE
- If you frequently suffer from nightmares, or other experiences which bring a sense of terror or deep emotional disturbance. If you are currently facing a situation which has life-threatening or destructive proportions, such as an impending death or catastrophic emergency do take this remedy.
- The ROCK ROSE is one of the components of the Rescue Remedy and as such it is specific for the fear.
- A fitting word for this type of fear is terror. “She was paralysed by fear”.

# ROCK ROSE

Terror, Fear, Panic, Sudden Shock - HAVE COURAGE

- The description for this personality type speaks of someone who is sensitive, labile, delicate, and very skittish. In short, someone vulnerable who gives the sensation that he is perceiving more than just a simple fork dropped or having been called on by someone when he wasn't paying attention. Things like this startle the ROCK ROSE type in an extreme way. It's as if these events abruptly penetrated his perceptual field, without any resistance, going straight to his heart.
- Sudden, potent, and paralyzing fear affects the heart, generating symptoms like palpitations, insomnia, a fainting sensation, loss of mental clarity, among others.
- Pain due to blood stagnation and perceived as piercing, and also that which is produced by cold (both are very intense), may be approached using this Flower Essence. The essence may be used to alleviate general hypersensitivity.
- ROCK ROSE is the Remedy to be given whenever terror is experienced, whether the person is in good health or not. People who are suffering from this state of mind are usually in a serious condition; the Remedy is needed on such occasions, or when there has been an accident or near-escape.
- Extreme fear or terror may assail those facing an unexpected or unfamiliar experience. It is also induced by a terrifying sight such as the bodies of victims in an accident; fortunately, it is only a temporary state of mind.
- **The positive aspects of ROCK ROSE are seen in military or civil heroes, those courageous persons who are willing to risk their lives to aid others. It is a state of mind wherein the self is completely forgotten.**



# A note on fear

The intensity of fear varies. It may be just anxiety. Looking at the mobile again and again to see if there is a message. It may be bad dreams about a loved one. It may be symbolic. Seeing many people gathered around in a house. A black crow crowing. These can wake you up with a sense of foreboding. You may have butterflies in your belly – going on the stage for the first time. It may be going to the school. I used to have fear of the movie theatre as a child. I had a fear of the new class every year. The fear of the class went away when I realised the same friends will remain. I can see myself clearly as a classic MIMULUS, RED CHESTNUT sort of person.

Today children take the extreme step when they think they have not done well in class. How I wish the parents would have given them CHERRY PLUM. The table below tries to categorise the fears we feel in our daily life.

Remedy	Symptom	Intensity
Aspen	Anxiety fear of the unknown, even paranormal. “Leave the light on”.	Low to Medium
Cherry Plum	Loss of control, fear leading to impulsive extreme action. “I could kill!”	High
Mimulus	Anxiety or fears from known reasons. “There are spiders in the room.”	Low to Medium
Red Chestnut	Over concern anxiety or fear for others, loved ones. “Is she reach home?”	Low
Rock Rose	Sheer panic and terror. Can start as any of above. “Oh God save me!”	Extreme



# CERATO

Indecisive, Lack of self-faith, Mistrust about own decisions - TRUST INTUITION

*Those who have not sufficient confidence in themselves to make their own decisions. They constantly seek advice from others, and are often misguided.*

- The biggest mistake is to make no decision at all. When one remains indecisive, he or she are really letting other people or circumstance choose for them. Even if one makes a poor choice, one can always learn from the mistake. Letting others choose, however, stops the learning of the important lessons that will allow one to make better decisions in the future. CERATO people miss this opportunity.
- It is important to understand, that CERATO people fear the results of incorrect decisions. They are afraid of the potential results of incorrect decisions and about the impacts on their life. They do not trust their ability to deal with the results of such decisions.
- CERATO is indicated for those who lack confidence in their own judgmental ways seeking advice and reassurance from others before they can act.
- The lack of self-confidence in decision making, leads to constant dependency on others' advice. "I need to make a decision, but I don't have enough confidence in myself. I'd better check with my "friends", and find out what they think I should do."
- CERATO people check it out, they are told what to do and then maybe a day or two later, realize that the advice was wrong and they should have gone with their own feelings, after all.
- This type is exemplified by the psychic junkie always going from one consultation to the next, looking for answers that really lie within. In India they will be visiting astrologers.

<input type="checkbox"/>	YES
<input type="checkbox"/>	NO
<input checked="" type="checkbox"/>	DONT KNOW

# CERATO

Indecisive, Lack of self-faith, Mistrust about own decisions - TRUST INTUITION

- Once they make a decision based on their intuition and they feel that the decision is correct, the mind starts doubting the basis of such a decision and the person becomes less and less sure about the correctness of this decision. In the end, the person becomes very confused and is totally unable to make even simple decisions.
- We have noticed people changing inhalers, shifting between different toothpastes halfway through the tube, racking their head on whether to do MBA, PhD or be happy with the basic degree. The whole office knows the ideas of this person. They are talkative people, for they are always asking questions, and in this way they tend to sap the vitality of others with their persistency. They hoard knowledge because they are always asking questions.
- The CERATO folk have a great admiration for those persons who know their own minds, and who can reach a reasoned determination quickly. They even tend to imitate them so closely that at times it is possible to tell with whom they have been in contact, or what motion picture they have just seen!
- “I always know what I want to do, but I find that I must have it confirmed by the opinions of several other people, and when they don't all agree with me, I generally follow the majority vote, and mostly it does not end in the way I wanted it to. It is foolish of me I know, and people tell me that I tire them by asking so many questions.”
- Lack of confidence is also present, and whatever form it takes, it affects the digestive processes, blood disorders may appear, lack of energy, muscle weakness, and other related imbalances. On the learning and intellectual plane, disturbances appear related to memory, concentration, registering and using data, and comprehension.
- **The positive aspect of the CERATO type is quiet assurance. They are intuitive, sure of their ability to judge between right and wrong, and they trust themselves to act uninfluenced by any advice to the contrary.**

# GENTIAN

Easily discouraged, Doubtful, Pessimistic, Hesitant, Gives up - ACCEPT SETBACKS

*Those who are easily discouraged. They may be progressing well in illness or in the affairs of their daily life, but any small delay or hindrance to progress causes doubt and soon disheartens them.*

- The indications for this flower essence are feelings of despondency that come with setbacks and delays with situations not going as planned. "Why can't things ever go right?" you wonder. The out of balance GENTIAN state is a "what's the use, anyway" kind of feeling. When this occurs often enough, one begins to feel tired and depressed, with a loss of faith. GENTIAN is used to treat weak will, lack of endurance and reactive depression.
- GENTIAN is the remedy for those whose outlook is negative and who suffer from deep depressions and dark melancholia. My glass is **HALF EMPTY!!**
- For feelings of discouragement due to life's inevitable setbacks and delays, GENTIAN seems to melt away those negative feelings.
- This flower essence also aids children with learning disabilities, as their progress in school, is a struggle, often producing feelings of discouragement and failure.
- They refuse to believe that it is their own lack of faith and understanding which prevents them from overcoming difficulties they believe to be insurmountable. The depression a GENTIAN person experiences is always from a known cause.
- It is also useful for children who have become discouraged by their examinations or schoolwork. The remedy works by increasing motivation. **An increase in their motivation, supported by the effects of GENTIAN, propels them from the standstill point they were stuck in.**



# GENTIAN

Easily discouraged, Doubtful, Pessimistic, Hesitant, Gives up - ACCEPT SETBACKS

- “I find my life miserable. I am unable to risk going anywhere. Between attacks, I believe that the disease has gone for good, but when they return, I am down in the depths again. I have become very fearful of these attacks.”
- GENTIAN person has a propensity for jealousy, a desire to abandon everything, and disinterest.
- Breathing may be an indicator that a person has some real GENTIAN components. The inhalation may be short and/or quick, shallow, or there may be other respiratory troubles.
- There’s a slight droop to his shoulders, his eyes don’t light up even when he hears something positive and he tends to avoid company when he feels too negative about things. If he does succumb to any infection, things could get worse simply because he expects them to and doesn’t make the effort to get better.
- The negative attitude does not really make for good relationships. Any little argument or fight and he sees the relationship as crumbling and falling apart. Any small cloud on his emotional horizon is seen as a huge impediment so any relationship just spirals to a break up very soon. He also tends to be drawn to other negative people.
- GENTIAN is a remedy for faint-heartedness, discouragement that comes after a failure or a setback. People start to think that they should completely abandon the idea of trying again. They are not persistent and get discouraged when faced with obstacles. A GENTIAN child or adult believes that the task must be done “at the first shot” and with the utmost success. A GENTIAN person sees no value in the failure as feedback as a guideline for future attempts. They see failure as proof that there is nothing there for them anymore and that is why they are thinking of giving up.
- **The remedy converts this negative approach, motivates the person to be ready to overcome obstacles by trying again and continuing with a task.**

# GORSE

I give up, Hopelessness, Pessimism, Depression, (Having tried gives up) - HAVE HOPE

*Very great hopelessness, they have given up belief that more can be done for them. Under persuasion or to please others they may try different treatments, at the same time assuring those around that there is so little hope of relief.*

- GORSE is a person that surrendered having struggled and tried everything to achieve her goal, now exhausted she has thrown the towel and has fallen into deep discomfort. She waits for the ultimate final relief – death.
- GORSE gave his whole self in trying to achieve an important goal, not having achieved it he has fallen in the most absolute discomfort and is struggling to provide a new meaning to his own existence.
- Another thing that may cause a GORSE condition, could be the diagnosis of a potentially terminal illness like cancer. Cases of great despair, where there seem not to be anyway out.
- He has resigned, does not struggle any longer, has surrendered, feels down, lost all hopes. He looks very fatigued, because he did hold on for a long time. He will typically say “I tried everything, but it does not matter anymore.”
- She will have dark circles, pale complexion, arms dangling, throws herself on a chair with a sad face, she walks slowly with languid pace, hardly talks, shrugs. Getting into a hall she will sit down in one corner as if life dynamics would not interest her any longer. She lets people hug her but she won’t reciprocate. She will eat warily with no interest for what is in her plate.
- GORSE has struggled a lot before giving in and has tried, with all the means available, to solve his problem. Most often his offspring or friends will ask for consultation to help GORSE.
- Please note: GORSE works very well on post birth depression.

# GORSE

I give up, Hopelessness, Pessimism, Depression, (Having tried gives up) - HAVE HOPE

- The remedy is also of value in illness of long duration, especially in those cases where progress has ceased after some improvement. GORSE is also very useful to give early in any chronic case; it will give the patient a hope of recovery, and that is the first step towards a cure. It should also be used where the patient is convinced that some inherited condition, or tendency, has condemned him to a lifetime of suffering.
- The leverage that will lead to take this essence in, clearly is not the one to solve problems that may be insolvable, but for sure it can open new roads, retrieving the strength to be back in the game again: for instance this is the case of an alcoholic that after twenty years decides to get into a detoxification clinic.
- GORSE provides the hope and will to try again, giving out a glimpse of new roads to keep on living in the best way with new motivations.



The Hindi movie Ek Duje Ke Liye (1981) had two GORSE characters who struggle a lot and finally give up hope to commit suicide. Like Romeo and Juliet.



# HORNBEAM

Tiredness, Exhaustion, Prostration, Cannot cope with the demands, Weariness (Mental) - PROCRASTINATE LESS

*For those who feel that they have not sufficient strength, mentally or physically, to carry the burden of life placed upon them; the affairs of every day seem too much for them to accomplish, though they generally succeed in fulfilling their task. For those who believe that some part, of mind or body, needs to be strengthened before they can easily fulfil their work.*

- Even though they are perfectly capable of fulfilling their day to day duties HORNBEAM find themselves drained of energy and find demands of day to day life too difficult. It is very good for the “Monday Blues”, a feeling of lethargy, lack of interest in work, weakness, and groundless pessimism.
- HORNBEAM have an unconscious drive for perfection and a need to push themselves to the limit. The feeling of a major task to be accomplished that day leads to fear of failure and the depression. All this is in the head rather than a body fatigue.
- HORNBEAM feels the need to rest, in the morning he would happily sleep in late and with difficulty he gets out of bed to start a new day. He feels very tired and looks for tonics or stimulants that may help him to feel stronger.
- Often these people carry out mental tasks and then end up with all their energy that has vanished. Usually she is using too much mental energy, finds difficult to fall asleep at night, because her mind is too active, and once fallen asleep, would gladly sleep in late.
- HORNBEAM is someone that is mentally weary, tired of the routine, the day seems flat and with no emotion. Feels no valid incentive to begin his day. This is the person that needs to drink lots of coffee in the morning to activate.
- Someone that says: “I cannot wait for Sunday to come, so I will lay on the couch with the tv on and relax”. Then, when the night comes, she will feel sad, bored and tired even more than usually.

# HORNBEAM

Tiredness, Exhaustion, Prostration, Cannot cope with the demands, Weariness (Mental) - PROCRASTINATE LESS

- HORNBEAM condition may happen occasionally. Mostly after having committed for long time to mental activities, with a need for an overcharged his mind. This heightened work exercise later leads to listlessness, boredom and tiredness once done. This is the remedy par excellence against boredom, the weight of routine and mental exhaustion. A characteristic that may help identifying HORNBEAM, is that he has the tendency to be more tired in the morning instead that at night.
- This is the person that looks very tired and then, if an unexpected stimulus comes, he will activate suddenly and kick start. He has a well-developed mind and a weak, inactive body.
- **HORNBEAM regenerates mental energies, retrieving curiosity to gather new momentum. It helps to better comprehend with an increased awareness every moment of the day, cancelling boredom and routine.**
- There are times when a person is assailed by the doubt that he has sufficient strength or ability to face either life or his work; yet in spite of that, he usually accomplishes the task without difficulty. At these times, HORNBEAM will fortify him mentally and physically. In convalescence it helps those patients who question whether they have the physical strength to use their limbs, or to walk; it also helps those who feel that they do not have sufficient mental energy to return to work. The exhaustion of the HORNBEAM is solely the exhaustion of the soul.



# SCLERANTHUS

Indecision, Unable to choose, Unable to decide, This or That - BE DECISIVE

*Those who suffer much from being unable to decide between two things, first one seeming right then the other. They are usually quiet people, and bear their difficulty alone, as they are not inclined to discuss it with others.*

- SCLERANTHUS is the remedy for those people who suffer from indecision. They lack the ability to make up their minds, and thus they are swayed between two things or possibilities. The SCLERANTHUS type also experiences extremes of joy or sadness, energy or apathy, pessimism or optimism, laughing or crying.
- They are unreliable and uncertain, because they are unable to concentrate due to their constantly changing outlook.
- Their conversation is sometimes erratic, because they tend to jump from one subject to another. In spite of this, they are quiet people, and they do not ask the advice of one and all. They waste valuable time because they cannot make up their minds, to reach a decision.
- In an illness, their symptoms come and go or move about. There is pain first in one place and then in another; the temperature may swing up or down and progress is erratic. The lack of poise and balance of the SCLERANTHUS type may cause various kinds of motion sickness, such as air-sickness or sea-sickness.
- “Mine is a grasshopper mentality, always going from one subject to another in a disconnected fashion” or “During the day I am very active and confident but at night I have a complete reversal” or “I am riding the clouds when things go well, and depressed when even the most trivial things go wrong.”
- SCLERANTHUS is a person that daily lives in a conflict with two opposite realities: going or not going, doing or not doing, going here or there, doing that thing first or that other, yin or yang, yes or no, right or left, plus or minus, north or south. All this in silence and loneliness, never asking anyone for advice.



# SCLERANTHUS

Indecision, Unable to choose, Unable to decide, This or That - BE DECISIVE

- “My mind is forcing me to recheck even what I believe is correct, because the doubt to have overlooked something is gripping me, only by checking many times I can hope to find peace of mind and calm down the anxiety it is providing me.” I used to be frustrated by a cashier in SBI who used to count six to seven times before handing over cash.
- “I will also need to go buying my shoes, but if I will go... will it be better there or there? Will I be able to do that, then?” SCLERANTHUS is the most important flower for people suffering from Compulsive Obsessive Disorder.
- More in general SCLERANTHUS will be useful to re-balance any imbalance: lack of balance issues, dizziness, travel sickness, sea sickness, alternation between diarrhoea and constipation, alternation between hypotension and hypertension, labyrinthitis, mood swings.
- **The positive aspects of SCLERANTHUS reflects in calmness and determination. Such people are quick to make a decision and prompt in action. They are those who keep their poise and balance under all occasions.**
- **The positive SCLERANTHUS has a open curious flexible mind. He can see the positive and negative side of things. He will never act unjustly or be judgemental. He can easily adapt to changing situations. He always sees the big picture.**
- In an unfavourably developed mind he will have an inner turmoil leading to inability to make a decision. He is plagued by the tensions between the many often contradictory aspects that he discovers in everything. This jumble in the head can lead to absent mindedness, flightiness and problems with concentration.



# WILD OAT

Ambition, No goals, Need to accomplish without the goal, Confused- **DECIDE YOUR PATH**

*Those who have ambitions to do something of prominence in life, who wish to have much experience, and to enjoy all that which is possible for them, to take life to the full. Their difficulty is to determine what occupation to follow; as although their ambitions are strong, they have no calling which appeals to them above all others. This may cause delay and dissatisfaction..*

- "What is the meaning and purpose of my life? What direction am I to go in?" For those with these questions, WILD OAT, known as the "Pathfinder," may be the catalyst in discovering the answers.
- WILD OAT is also for confusion. After completing schooling (plus two exam), different options are available. Out of 7 to 8 majors, the student is not able to select one. This is high-tech confusion.
- You don't know what remedy to choose. Take WILD OAT and give your patient WILD OAT also. Next day he will come with a few options, for example he might say, "I am absent minded".
- Human satisfaction and plenitude come from honouring the celestial mandate; **WILD OAT helps us come in contact with it. It can do so in a way that seems transcendental, helping to clearly illuminate a great portion of our path, or, on other occasions, in ways that seem humbler—like promoting an encounter with some person, or maybe we pick up a photograph from some period of our life.**
- The dissatisfaction generated in WILD OAT situations damages the liver, promoting a tendency toward stagnation, which could lead to anger, resentment, irritability, cyclothymia (mood swings), intolerance, impatience, bitterness, and depression, among other emotions.
- **WILD OAT can assist us in meditation, offering us its help in creating a central place from which we may observe how the mind functions. WILD OAT is very effective against the 40 years crisis and for newly retired people.**

# WILD OAT

Ambition, No goals, Need to accomplish without the goal, Confused- **DECIDE YOUR PATH**

- Nowadays it is common for children and young people to possess multiple talents, which they might develop with much skill and satisfaction. WILD OAT is useful to them, to help them organize their talents in service to their life's purpose. On a lighter note it can help one decide what saree to pickup when all look so good in the shop.
- WILD OAT's profile includes dissatisfaction, boredom, and feeling unfulfilled in our present work. There's a futile kind of feeling that doesn't go away as we continue on the same road. It's true that we all need to support ourselves, yet, hopefully, we can also find what it is we love to do.
- The WILD OAT people have a definite character and they are very talented, but they seem to be undecided as to what they should do. Usually they are ambitious, and they may have a general idea as to which course to follow, but the indications are not sufficiently clear, and they are inclined to feel that life is passing them by.
- "I am in a business that makes me a good living, but I do not like it. I have been in five different businesses. I made money with all of them, but I did not enjoy them. "An Irishman never knows what he wants, and won't be happy until he gets it."
- **The positive aspect of the WILD OAT type is reflected in those persons who have definite ambitions, and know just what they want to do in life. What is more, they do it too, and they allow nothing to interfere with their purpose. They live lives filled with usefulness and happiness.**



Choosing saree

## A note on uncertainty

We have to make choices in life. The decision to select an option is valid in the context of the decision. It may be totally wrong when the context changes. We went to Kanyakumari with the children. It was a good decision with the bright blue sky and the sea. The context changed with the coming of the Tsunami. A human, perfectly balanced, is capable of making decisions and going forward with it. An imbalance however leads to indecisiveness and generates health problems, fears and the rest follows. The flower essence help us provide a balance and go forward in life.

Indecisiveness has different types and intensities. It is essential to understand these and be able to differentiate between the remedies. The subtle differences are very interesting and an eyeopener to a student of Bach Remedies. The indecision of the WILD OAT person differs from that of the SCLERANTHUS type, for the latter cannot decide between one of two things, while the WILD OAT type have so many ideas and ambitions that they are indefinite, and they cannot come to any decision whatsoever. A CERATO person will in this situation ask several people and finally decide but it would be against what his heart, soul and mind is telling him to do. In the example of choosing a saree Ms. WILD OAT will find it difficult to decide on the type, colour and pattern. Ms. SCLERANTHUS will hold blue and green in her left and right hand find it hard to decide one or the other. Ms. CERATO will ask her friend, send a picture on WhatsApp to her mother back in another state, ask the shopkeeper and finally take one home. She may come back next day and enquire if an exchange is possible.

The next three essences are uncertain in a very subtle way. Dr Bach has classified these under uncertainty in his wisdom.



# A note on uncertainty

Mr. HORNBEAM wants to be perfect and has mentally drained out trying to do the best. He just wants to go on resting and is bored with what he has to tackle at his workplace. His uncertainty stems from not wanting to go when there is a necessity. Mr. GENTIAN is a pessimist. He has tried out the solution once and failed and he has absolutely given up. It wont work anyway he says at home. He is definitely not Thomas Edison. The uncertainty is shown in the lack of security in the face of what is unexpected. Mr. GORSE on the other hand is in a bad situation. He is battling with the hopelessness of drilling a hole in the mountain and having tried all means he sits at the cave entrance he has made and waits for things to take their course. He is uncertain – one side there is hopelessness and the other he is still trying something and going ahead based on advice. He is definitely not Shri Dashrath Manjhi: the man who moved a mountain, so that his people could reach a doctor in time.

Remedy	Symptom	Intensity
Cerato	Undecided but asking all around. “Tell me what should I do? ”	Low to Medium
Gentian	Pessimist and gives up after a single try. “My cup is half empty.”	Low to Medium
Gorse	Has given up all hope having done his best to try. “What's the use?”	High
Hornbeam	Monday morning blues and not wanting to go on. “Coffee please!”	Low
Scleranthus	Undecided about the two that needs to be chosen. “Green or Red.”	Low to Medium
Wild Oat	Undecided about the path of life to take. “What should I do?”	Low to Medium

# CHESTNUT BUD

Unable to learn from past mistakes, Repeating same mistakes, Moving around in circles - LEARN FROM MISTAKES

*For those who do not take full advantage of observation and experience, and who take a longer time than others to learn the lessons of daily life. Whereas one experience would be enough for some, such people find it necessary to have more, sometimes several, before the lesson is learnt. Therefore, to their regret, they find themselves having to make the same error on different occasions when once would have been enough, or observation of others could have spared them even that one fault.*

- This is the remedy for those people who tend to make the same mistakes over and over again. They do not seem to learn the lesson inherent in the experience. This may be because of indifference, or from hurry and inattention, or through lack of observation. Whatever the cause may be, they tend to create the same errors and to experience the same difficulties repeatedly.
- This forgetting can be a good thing, but until the lessons of the past mistakes are understood, the CHESTNUT BUD person has nothing to guide him for the future, and nothing to help him in the present.
- It's almost like he has no memory of it. Those who observe him will wonder how on earth someone can never seem to learn from his mistakes but the person does it almost unconsciously and it's like watching a clip from a movie being rewound and replayed over and over again. Something like the news channels these days.
- It could be someone driving a car and turning and scraping the fender at the same spot ever so often. Or it could be a cricketer who gets out to the same ball innings after innings. Or a child who gets the same spelling or maths problem wrong time after time.
- It's almost as though when he makes a mistake, there's a memory blackout in his mind. When he repeats a mistake the next time, the world can see he's repeating it but for him, it's a first time.

# CHESTNUT BUD

Unable to learn from past mistakes, Repeating same mistakes, Moving around in circles - LEARN FROM MISTAKES

- There's almost no record of the experience which teaches the mind a lesson not to do it again. Or maybe the mind for some reason rejects the memory of the experience without allowing it room to be lodged in the conscious or the subconscious. This behaviour is very funnily depicted in the cartoon of the Coyote and the Road Runner. The coyote always makes the same mistakes and falls down the cliff.
- In matters of the heart you will see a woman falling in love with the same kind of loser every time. Or worse, going back again and again into the arms of an abuser. Or a man who cannot resist the wiles of a gold digger and falls for the same type time after time without learning his lesson. It's almost as though there are no emotional lessons learned from failure or from past hurts.
- Another indication for this remedy is a state, when the same thoughts are repeated in the mind and the person is unable to stop these same thoughts and to break the chain. It is good for people who cannot give up addiction.
- **CHESTNUT BUD helps them see more clearly and judge what's good for them or not depending on what their experience has been. CHESTNUT BUD makes a person more discerning and objective the second time around. Once bitten twice shy kicks into operation.**



# CLEMATIS

Dreamy, Quiet, Fantasies about the future, Unhappy with present, Escapes into fantasies - HAVE FOCUS

*Those who are dreamy, drowsy, not fully awake, no great interest in life. Quiet people, not really happy in their present circumstances, living more in the future than in the present; living in hopes of happier times, when their ideals may come true. In illness some make little or no effort to get well, and in certain cases may even look forward to death, in the hope of better times; or maybe, meeting again some beloved one whom they have lost.*

- The CLEMATIS folks are daydreamers and they are absent minded. They live more in their thoughts than in their actions. They lack concentration because their interest in things of the present, and often in life itself, is but half-hearted. They avoid difficulties or unpleasantness by allowing their attention to wander, and by withdrawing into a world of illusion and unreality. A character depicting CLEMATIS is Don Quixote and his chasing of windmills.
- “I withdraw into my own world, a world of my own making, whenever there is something unpleasant to face up to. I do it entirely automatically now.” Dr. Bach said that the following symptoms were common in varying degrees in the CLEMATIS types: a vacant, faraway look; indifference; inattentiveness; preoccupation; dreaminess; drowsiness; as a rule they are heavy sleepers, and often they have a marked pallor.
- It is almost as if they wish to leave this earth, perhaps to join some loved one who is dead, or just because life does not come up to their expectations on this material plane. This lack of cooperation or effort to get well Dr. Bach called “a polite form of suicide”.
- In the CLEMATIS state, there is a strong need to escape from life on some level. Preoccupied with their fantasy worlds, these individuals are not really happy with their lives. Yet, they take no action to create change for themselves. These people are often highly artistic, but lack the ability to express their gifts in practical and material ways. They would rather be alone, do not like confrontation, and avoid this by withdrawing.



# CLEMATIS

Dreamy, Quiet, Fantasies about the future, Unhappy with present, Escapes into fantasies - HAVE FOCUS

- Daydreaming is actually a great source of satisfaction to CLEMATIS people. However, when fantasy becomes a goal in itself or when it becomes a routine solution (escape) to everyday problems – a series of practical problems arise, such as forgetfulness, problems at school, disciplinary action or reproach by those who rely on a CLEMATIS person. Therefore, the person remains in a world of ideas that never get an opportunity to come true or to materialize ideas. In other words, creativity is never realized as it is to remain only an idea. When a person lives with their “head separate from the body” a number of physical problems can arise, such as poor circulation, cold feet and hands, the body can shudder to sound or touch – generally a person is unable to function in time and space.
- CLEMATIS state can be activated as a psychological defence mechanism in threatening situations. In order to endure an unpleasant experience or series of experiences, such as watching constant fighting between parents at home, a person ‘relocates’ in spirit to a better and more pleasant place. This way, a person is not fully aware of what is truly going on and as far as they are concerned nothing has happened.
- **The Bach flower remedy CLEMATIS is one that brings focus and concentration to a person. With CLEMATIS, they are grounded, start getting more focussed, they come out of their dream world and they see the beauty around them. They make wonderful artists, writers, photographers and fashion designers if CLEMATIS is allowed to work gently on them, drawing them out.**



# HONEYSUCKLE

Living in the past, Homesickness, Nostalgia, Attached to Loved-ones, Regrets about Past - EMBRACE THE NOW

*Those who live much in the past, perhaps a time of great happiness, or memories of a lost friend, or ambitions which have not come true. They do not expect further happiness such as they have had.*

- HONEYSUCKLE is the regular remedy for longing and nostalgic grief for the happy days of the past, which cannot return. The mind dwells on memories, refusing to see any good in present circumstances. This is a good remedy for people who were forced to leave their homes and radically change their environments, as with refugees who were forced to flee war. Anyone who loses some sort of special status that was a source of happiness and / or health, can be overwhelmed with grief and nostalgia – a firstborn child in a family getting a younger brother or sister or when parents divorce and the child has to change its environment.
- The intensity of the symptoms can differ: from a sweet melancholic state, to nostalgia and finally great suffering with suicidal ideas. Nostalgia can arise due to loss of youth, health, beauty or the loss of a significant emotional relationship. It need not be a good memory, some traumatic, bad experience could also keep one in past as well.
- It is a person that does have no more any initiative. It is someone that “stops living” after a bereavement, a separation, or when retires. HONEYSUCKLE is the mother which keeps intact the room of her son, who died 20 years ago, or a boy that will no longer fall in love because, in his words, he cannot find a girl as fantastic as the one he had before. HONEYSUCKLE won't throw anything away, accumulates old magazines, objects that have no value, outdated clothing, everything that may remind him/her something. He/she connects every object to a memory. She dresses in an old fashioned way, or uses the same clothing she used when she was a young girl. Her house is full of objects from the past. “If I could only go back in time.”

# HONEYSUCKLE

Living in the past, Homesickness, Nostalgia, Attached to Loved-ones, Regrets about Past - EMBRACE THE NOW

- This flower essence is for older people who find themselves in this state, especially as partners and friends pass away. There doesn't seem to be much to live for anymore. Holding onto the past is not just an issue with the elderly. It can arise at any age, depending on life circumstances. Many times, with divorce, it may be difficult not to think of the past and what was, preventing one from moving on in life. This flower essence is also excellent for young children who experience separation anxiety; as well as homesickness, making it difficult in going off to school, sleeping at a friend's, going away to camp, and other related situations of separation.
- A particular facet of this flower is also that he does not seem to enjoy in full any party, or a nice trip out of the city; The next day then you may notice him laughing and remembering the past day as if it had been wonderful. Another aspect of HONEYSUCKLE is to admire a city, just remembering a visit done to another one in the past, maybe telling how good looking that was.
- **HONEYSUCKLE releases dwelling on past memories, and brings a new lease on life. It enables one to go out and meet new friends and develop new interests. Life becomes meaningful and vital again. The positive side of a HONEYSUCKLE state is gaining the ability to hold on to the good memories of someone or something and being able to incorporate and add the beauty of those memories to the current stage in life**



# MUSTARD

Depression, Sadness, Black clouds, Unhappy, Joyless, Gloomy, Hopeless - BE JOYFUL

*Those who are liable to times of gloom, or even despair, as though a cold dark cloud overshadowed them and hid the light and the joy of life. It may not be possible to give any reason or explanation for such attacks. Under these conditions it is almost impossible to appear happy or cheerful.*

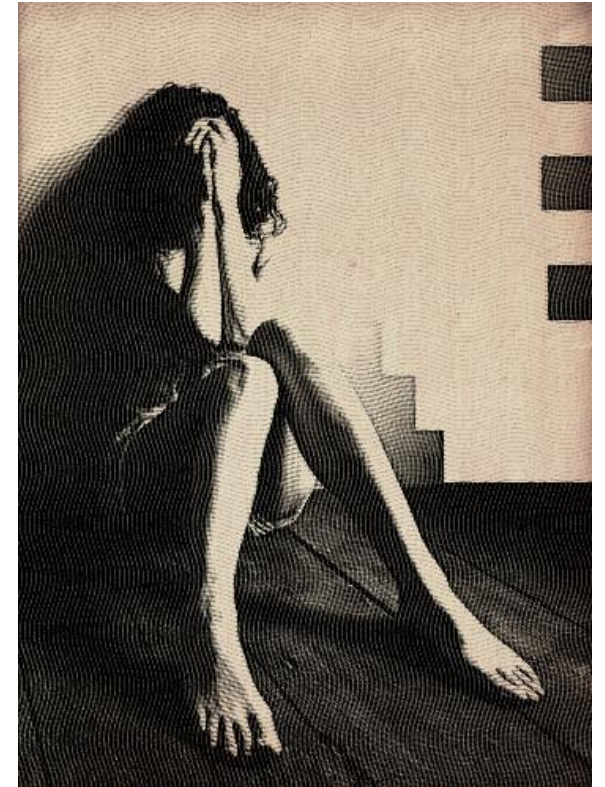
- This flower essence addresses a form of depression; one that comes upon us unexpectedly, and for no apparent reason, and then just as suddenly disappears. MUSTARD is for depression from an unknown, unconscious source, bringing feelings of doom and gloom.
- For those individuals who experience this state, MUSTARD eventually will bring to consciousness what it is that is causing the depression. This flower essence is excellent in cases of the "Postpartum Blues" which affects many new mothers. Good results have been provided even in treating the typical mood of postmenopausal stage.
- MUSTARD is for sure a cure for depression of endogenous nature. MUSTARD provides great results also against strong depressions, which have been persisting in a person since some time, due to external known causes.
- MUSTARD has proved to be useful even in the depression caused by lack of light, typical of countries like Scandinavia, where the sun in winter months appears just few hours a day.
- MUSTARD people are those that feel like the sun had turned down. They have no valid reason to feel that sick but they just want to stay in bed. She is always very tired, listless. MUSTARD cries because she feels bad, but nothing has happened. This is the person that feels to be away from life's games. She has lost all pleasure (sex, food, going out with friends). At times she loses memory as well as hair.
- All of sudden at the dining table, she may become quiet, the behaviour is not explainable. It comes all of a sudden. MUSTARD drives away this like a gentle breeze of fragrant air.



# MUSTARD

Depression, Sadness, Black clouds, Unhappy, Joyless, Gloomy, Hopeless - BE JOYFUL

- The depressive condition appears often, soon after great joys, or goals that have been achieved, or in moments of relaxation and is supposed to be a message from the superior Ego that is recalling the person “to work”, but which is not interpreted correctly by rationality. Other times the MUSTARD condition manifests itself on a much lighter manner, like background sadness, a sort of melancholy, even in these cases, with no concrete identifiable cause.
- “Nothing's wrong, I just want everyone to leave me alone.” These unexplainable dark moods are often followed by a feeling that everything is meaningless or boring, a person can feel overwhelmed with self-pity, sadness and apathy. This is a fairly unbearable state of mind.
- The black, hard to endure cloud can descend on a person even in circumstances that are joyful, positive and relaxed when out of the blue, a dark cloud appears out of nowhere and consumes the person. All of a sudden everything seems grey, nothing makes sense anymore.
- *All of us need to know this very clearly that a negative MUSTARD state arises when the need for love and understanding are not met. As such, since these are the two aspects which give deep fulfilment to a woman, I have found this remedy of great relevance to women in general – (Atul's blog)*
- **Dissolved in a glass of water, after a few sips, it lifts our gloom and slowly everything around us seems brighter and more meaningful.**



# OLIVE

Prostration, Weariness, Extreme Exhaustion, Fatigue, Exertion - RESTORE ENERGY

*Those who have suffered much mentally or physically and are so exhausted and weary that they feel they have no more strength to make any effort. Daily life is hard work for them, without pleasure.*

- The indication for this flower essence is that of extreme exhaustion. Here we have a situation where the physical system is totally depleted of energy, as during any major life-threatening illness, such as with cancer and AIDS, or after an operation, or even after childbirth. Good results have been achieved treating hypertension.
- OLIVE is also of great help during emotional traumas, where the sense of loss is so extensive, one's physical energy has been depleted. It is suggested for any situation where major recovery and recuperation is indicated either emotionally or physically.
- OLIVE is a person that, due to various reasons, has no strength, and is completely exhausted. It could be due to perhaps a long-term conflict with someone. His tiredness is so huge that he finds it difficult to stay awake and feels compelled to rest. He is in this state because something has exhausted him completely, for instance a serious illness or a week of hard physical work. He looks exhausted, lifeless, with bags under the eyes, always feels cold. He has lost his appetite and can hardly walk.
- “I am so tired that I feel like crying”; “I am worn out”. **OLIVE shall be recommended every time we have someone that really looks tired, either physically or mentally.**
- Other manifestation of exhaustion is that work is left unfinished or is completed carelessly. Lethargy, loss of immunity – which makes it easier to succumb to disease, poor circulation, feeling cold and swelling can be other manifestations.

# OLIVE

Prostration, Weariness, Extreme Exhaustion, Fatigue, Exertion - RESTORE ENERGY

- Today, people often do not recognize or appreciate their experience of fatigue. Fatigue is a condition that precedes exhaustion. The need for a holiday is a basic need - if we ignore it or are unable to recognize it, a number of practical problems will follow: lack of initiative and inspiration, lack of a clear mind (slower to understand, quick to forget), lack of concentration, lack of physical strength, a flat emotional reaction to surroundings or provocations, absentmindedness, loss or distortion of memory.
- **OLIVE is not a pure Energy booster, but a balanced essence that has the tendency to re-harmonize someone's energy imbalance. Taking OLIVE in, the person will quickly retrieve a good energy condition in general. The remedy gives us back enthusiasm, strength, vigour, mobility of body, clarity of mind, and the vitality of life. The remedy is good for all stages in life.**
- Therapeutic smartness of this essence can cause people that “are pushing themselves too hard”, will be induced to feel even more fatigue, compelling them to have a break in order to rest.
- **The OLIVE tree is full of energy. It is very resistant and can live a very long life while still bearing fruits. OLIVE teaches the ways of regenerating powers and replenishing the energy, just like the live trees regenerate in order to live a long and productive life.**



The key ran out!

# WHITE CHESTNUT

Recurrent thoughts, Unwanted ideas, Arguments with himself, Worrying & Circling thoughts, Repeating ideas - CALM THE MIND

*For those who cannot prevent thoughts, ideas, arguments which they do not desire from entering their minds. Usually at such times when the interest of the moment is not strong enough to keep the mind full. Thoughts which worry and will remain, or if for a time thrown out, will return. They seem to circle round and round and cause mental torture. The presence of such unpleasant thoughts drives out peace and interferes with being able to think only of the work or pleasure of the day.*

- Most of us have experienced times when a worry or some distressing occurrence preyed upon our mind, and we were helpless to prevent the thoughts, the arguments, or the words that “we should have said” from going around and around in our mind like a squirrel on a wheel! This type of thinking only results in fatigue and solves nothing.
- Dr. Bach called this condition “the gramophone record state of mind”. Thoughts go round and round like a gramophone record when the needle jumps the groove! As one patient wrote: “I am always having a mental argument with myself. My mind goes around and around like a carousel. How I long for it to stop and be quiet for a while, but it gives me no peace, and I cannot stop it myself”
- This overactivity of the mind results in depression and fatigue; there is often a lack of concentration, and a sensation of fullness in the head. One patient found that his “continuous kind of automatic chatter” resulted in headaches for many years, mostly over the frontal area and the eyes, and it seemed to him that “his brain never seemed to cool and clear.” **WHITE CHESTNUT is maybe the best flower remedy against insomnia.**
- These are persons that return to a subject that was addressed one hour before. People that talk to themselves and you may see them moving their lips while absorbed in their own thinking. Typical sentence: “my mind is spinning fast”; “I cannot take a break”; “thinking and thinking I burned-out”.



# WHITE CHESTNUT

Recurrent thoughts, Unwanted ideas, Arguments with himself, Worrying & Circling thoughts, Repeating ideas - CALM THE MIND

- A circumstance that is particularly difficult is when our minds are obsessed with a situation and our thoughts spin like a "broken record", when we go to bed and awake in the morning with the same thought, or when a melody "sticks" in our heads and we end up humming it all day or replaying it in our heads.
- Worry is a mental state of mind when we focus on something that makes us feel threatened or could threaten our existence - lack of money, free time, health, perspective, worry is a heavy burden under which we can literally break: our backs are hunched over, our legs feel heavy, a changed facial expression that is serious and concerned, difficulty concentrating on current issues, unavailability, working mechanically, forgetting to laugh. This mental suffering causes suffering in the body and can cause problems with digestion, breathing, circulation and metabolism.
- **The deficiency of the non-material defence mechanism that allow the external thought forms to revolve in the mind and that occupy the person most of the time can be cured by the WHITE CHESTNUT and the person is able to strengthen his non-material defence mechanism. In this way he is able to keep his mind clean of invading thought forms.**
- **This flower essence is often used for children with learning disabilities, as an aid in concentration.**



# WILD ROSE

Surrendered, Resigned, Joyless, Apathy - SHOW ENTHUSIASM

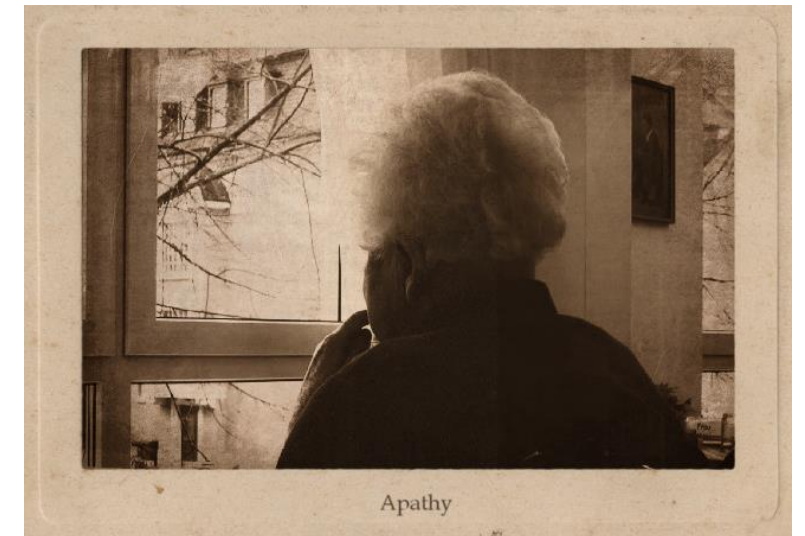
*Those who without apparently sufficient reason become resigned to all that happens, and just glide through life, take it as it is, without any effort to improve things and find some joy. They have surrendered to the struggle of life without complaint.*

- WILD ROSE is the remedy for those people who have become resigned to their illness, to their uncongenial work, or to their monotonous lives. Although they do not complain, they make little effort to get well, to find other work, or to enjoy the simple pleasures of life. They are the patients who believe the physicians when they are told: “You might as well get used to it, because you have to live with it.” Such persons feel that it is their fate to put up with the conditions which are troubling them. They do not realize that the power to alter or eliminate those very conditions lies in their hands! Thus, often they go through life without joy or pleasure.
- The most important keyword of the WILD ROSE is the resignation. The people needing WILD ROSE have apparently without reason surrendered and are just gliding through life. All further inconveniences are dealt with only by a shrug of shoulders, since there is no point in complaining because nothing will change. These people are just drifting through life, as if the life itself would be a nuisance that has to be endured until the end.
- The Bach flower remedy WILD ROSE, in its negative state, manifests itself in an attitude of apathy and dis-spiritedness. They are rather boring people, with no interest in anything that goes on around them. This makes them quite unpopular or it might make people in a group ignore them, leaving them to their apathy.
- “What do I care?” “That's the way it is, what can you do about it?” or “It's all the same to me.” “It is no good, I shall never be any different; people just have to take me as I am.” “It is in the family, so I must expect to suffer also.”

# WILD ROSE

Surrendered, Resigned, Joyless, Apathy - SHOW ENTHUSIASM

- The WILD ROSE individual feels as though there is no hope left to live a richer life. There isn't even depression any more just a pervasive numbness, as though the spark of life has just about gone out. Many who suffer from life-threatening disease are prone to this state, as well as invalids and the handicapped, and those who see themselves as victims of abuse. Apathy is the hardest state of mind, harder than any pessimism.
- The critical point to focus is that WILD ROSE is a person living her problems without looking for a solution, without being active part of a possible solution, conversely she closes herself in bitterness. She, in this state of mind, will never ask for help, even when urged on by loved ones, nor will she attempt to solve her own problems. To solve her problem requires a family member who is affected by her apathy and at the same time motivated to help resolve this situation.
- **This flower essence brings the realization that there are choices, and it's not too late to have a more meaningful life.**
- **WILD ROSE is a great solution for lazy students because it sparks their curiosity, which is directly reflected on their level of engagement in school and indirectly, on their overall success in school.**
- **WILD ROSE makes him become more active in his spiritual life, urging him to look for answers inside his soul.**
- **WILD ROSE gives them the energy to be able to take an interest in people and things and to be a part of what is going on around them.**



# A note on depression and loss of interest

We need to be connected to the present and live the moment. The past exists and is a space from which we need to learn. It is the experiences that we have brought forward. The future is non-existent at this time. It is a plan to be executed at the next instance in time. Being not in the present and not learning from the past leaves us unprepared for the future. When out of balance, we disconnect from being in the 'here and now': we lose our plan, repeat negative patterns, display a tendency to avoid the present by dreamy absent-mindedness and a lack of concentration, living in the past, brooding on the future, going over and over things in the mind in an attempt 'to get it right' rather than resting on divine wisdom and love. We find difficulty in communicating and are unable to allow our own healing or readjusting to take place.

Ms. CHESTNUT BUD is not connected with the past and does not learn from the mistakes. The experiences from the past are a waste and she makes the same mistakes again. Ms. CLEMATIS on the other hand has left the past and the present and lives only in the future. She has created a space where everything is ideal and she can live there happily. Ms. HONEYSYCKLE has left the present and future and has found a space in the past either finding safety there or brooding over the mistakes made there. Ms. MUSTARD is absolutely disconnected from all the spaces. She does not know why and does not want to find her demons to drive them away. She is in a hole or depression and does not want to come out. Ms. OLIVE has been using up all the energy in the present and requires a "persistence" to hold a long-term future vision and to go on.



# A note on depression and loss of interest

Ms. WHITE CHESTNUT has gone into a spin with the deluge of worries and they circle around her head. She needs to come out of this cyclic tornado. Ms. WILD ROSE has given up completely the plan for the future. She is existing in the present but not living it up. She has shut down her sensors and goes on mechanically.

“You become a house where the wind blows straight through, because no one bothers the crack in the window or lock on the door, and you’re the house where people come and go as they please, because you’re simply too unimpressed to care. You let people in who you really shouldn’t let in, and you let them walk around for a while, use your bed and use your books, and await the day when they simply get bored and leave. You’re still not bothered, though you knew they shouldn’t have been let in in the first place, but still you just sit there, apathetic like a beggar in the desert.” — Charlotte Eriksson, You're Doing Just Fine

Remedy	Symptom	Intensity
Chestnut Bud	Unable to learn from past mistakes. “You did it again .. Oh did I?”	Low to Medium
Clematis	Head separate from the body. “Will it be good to live on Mars?”	Low to Medium
Honeysuckle	Living in the past. “Those were the days!”	Low to Medium
Mustard	Acute unaccountable depression. “Just leave me alone. ”	Low to High
Olive	Exhaustion and fatigue. “I am totally worn out.”	Low to High
White Chestnut	Broken record of worries. “I cant make these thoughts stop.”	Low to High
Wild Rose	Given up life totally. “What do I care?”	Low to Extreme

# HEATHER

Self-absorbed, Self-centred, Being alone, Company of people, Talks about himself, Hypochondriac - EMPATHIZE & LISTEN

*Those who are always seeking the companionship of anyone who may be available, as they find it necessary to discuss their own affairs with others, no matter whom it may be. They are very unhappy if they have to be alone for any length of time.*

- HEATHER people are always concerned about themselves. They are filled with their ailments, their problems, and even the trivia of their day. They like to tell others about their difficulties, and to discuss them whenever they can. The HEATHER type talks rapidly and incessantly, always bringing the topic of conversation to themselves. Here is a typical remark about a HEATHER person: “She must always be the centre of interest. At table, she always tries to steer the conversation back to herself or to her house.”
- The HEATHER people like to come close to you, to speak into your face, and for this reason Dr. Bach called them “buttonholers”. Their excessive self-centeredness saps the strength and vitality of their listeners, leaving them completely exhausted. For this reason, they are often shunned and avoided.
- It is difficult for their companions to escape from them, for they try to hinder their departure. Since they take the vitality of others and live on it, they dislike being alone and they become unhappy when they are by themselves. They fear solitude for this reason.
- They do not suffer from self-pity; rather they enjoy making mountains out of molehills. They are poor listeners, and have little interest in the problems of other persons.
- The key indication for this flower essence is a total preoccupation with self. These individuals are caught up with their own troubles, and are often hypochondriacs.

# HEATHER

Self-absorbed, Self-centred, Being alone, Company of people, Talks about himself, Hypochondriac - EMPATHIZE & LISTEN

- The positive qualities of HEATHER are found in the selfless, understanding individual who has suffered so greatly himself that he is very willing to listen to and help others. Such a person can put his own difficulties behind him and become absorbed in the problems of others. He is unsparing in his efforts to help them.
- Unfortunately, they tend to alienate others, as friends and family often feel drained by the negative HEATHER's self-involvement. Most of us want relationships of mutual sharing a two-way street, so to speak. Yet, HEATHER's sense of loneliness and great need for attention makes it hard to be able to give as well as receive.
- HEATHER's problem lies in the fact he has interior emptiness, suffering from emotional shortages. He feels lonely and suffers from emotional solitude and is searching for contacts in an exasperated manner. Bach describes this type as “a child in need”, because just like a child he feels the strong need for ongoing attention, to be listened, loved.
- HEATHER is able to let you stay clinging to the phone for one full hour, with her always talking. Meanwhile you could easily go carrying out some task and she wouldn't even notice that. This is someone that when is talking, or playing, needs to touch you, to hug you.
- These are people that will tell all of their lives, without secrets, even to strangers. this type of people discharge anxiety and their need for affection just talking.



# IMPATIENS

Quick, Hasty, Fast, Impatient, Hurried - HAVE PATIENCE

*Those who are quick in thought and action and who wish all things to be done without hesitation or delay. When ill they are anxious for a hasty recovery. They find it very difficult to be patient with people who are slow, as they consider it wrong and a waste of time, and they will endeavour to make such people quicker in all ways. They often prefer to work and think alone, so that they can do everything at their own speed.*

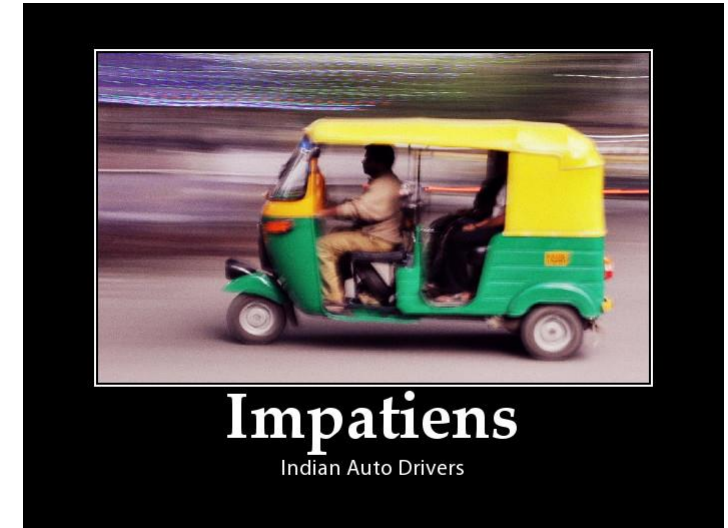
- This is the remedy for those people who are quick in mind and action. It is for those who make instant decisions and like to work alone because the slowness of others might hinder them. They grasp any new idea or subject quickly, and they may sometimes finish a sentence if the speaker is slow; at times they might even snatch things out of another person's hands if he is not quick enough to suit them.
- They are active people and nervous; they move, eat and speak quickly. They are intelligent and intuitive, good and efficient in whatever they undertake. They tend to become impatient and sometimes irritable with those who are not as quick as they are, but their anger which flares up quickly, just as quickly subsides.
- When these people are ill, they never feel that they are recovering fast enough, and they become irritated and impatient with both the situation and those around them.
- The extreme mental tension often manifests itself as muscular tension and pain. The IMPATIENS type is accident prone; they may well cross the street without a look at the approaching traffic and get stuck by an automobile, or they may run blindly ahead, not seeing obstacles in their path. Thus they get injured through their own impetuosity.
- I can describe myself. I am the first to finish my food and then I look around at others - why they are taking so long. I have trained myself to delegate work to others and very consciously give them time before I intervene.



# IMPATIENS

Quick, Hasty, Fast, Impatient, Hurried - HAVE PATIENCE

- IMPATIENS is an effective remedy for all manifestations of pain caused by tension such as a sudden cramp, an agonizing pain, or other spastic condition.
- The IMPATIENS type may also suffer from indigestion and allied complaints brought about by their irritable nature, for it is a fact that eating when one is emotionally or nervously upset affects the digestion directly.
- There were times when Dr Bach was inclined to become impatient, when others were not as quick as he was, and were slow to follow his line of thought. When this occurred, he had an immediate physical reaction, and a red and very irritating rash would suddenly appear. He would say; “You see, my being irritable with you hurts me more than it hurts you!” A dose of IMPATIENS would restore his good humour, and within a short time the rash would disappear.
- **The positive qualities of the IMPATIENS type are their great gentleness and sympathy towards others. They are capable, decisive, intuitive and clever, with abilities far above the average. At the same time, they are understanding and tolerant with those who are slower than themselves.**
- IMPATIENS has the problem of speed. It is not speed itself but the ability to apply this to all situations. He can overshoot his destination and land up somewhere else. IMPATIENS needs to put his ideas to work immediately. I started with this work and realised that the colours were more dependent on the chakras. So I had to go back and clean up all the colours. How many times have we told the Auto drivers “Bhaiya Aaram Se” – “Brother Slowly Please”.



# WATER VIOLET

Independent, Self-reliant, Capable, Quiet, Proud, Clever, Talented, Aloof, Introvert - **CONNECT WITH OTHERS**

*For those who in health or illness like to be alone. Very quiet people, who move about without noise, speak little, and then gently. Very independent, capable and self-reliant. Almost free of the opinions of others. They are aloof, leave people alone and go their own way. Often clever and talented. Their peace and calmness is a blessing to those around them.*

- WATER VIOLET persons seek a custom-fit world with minute chances for visitors. Although WATER VIOLET persons can carry out a life in perfect solitude, enjoying the gifts they've been given, a problem difficult to resolve still remains: we come into this world to manifest certain potentials, and developing them requires contact with others. The person might be the most capable and self-sufficient person in the world, but it is within community and interaction with others that these capacities take on meaning.
- WATER VIOLET individuals are proud, aloof, independent people who go through life doing their work quietly, preferring to be left alone. They are gentle souls who do their own thing not easily influenced by others, nor do they have the need to influence others.
- The problem with the out of balance WATER VIOLET is their tendency towards isolation. No person is an island. We are all connected on some level, and need human contact for our growth.
- He is a very introvert person often suffering from loneliness, looking for contact because he does not believe he will find anybody really worthy to talk to and have a confrontation with. He is a great listener but hardly will provide his opinion, that most times won't agree with other people, anyway always respecting other people ideas. During discussions, when listening to other opinions, remains silent raising his eyebrows showing perplexity and then sighs. When he tries to communicate he has the feeling of not being understood.

# WATER VIOLET

Independent, Self-reliant, Capable, Quiet, Proud, Clever, Talented, Aloof, Introvert - **CONNECT WITH OTHERS**

- He has very few friends, as he is only looking for deep friendship. He is a person that cannot have fun inside and suffers for that, when he sees someone that is having fun playing, thinks: “good for them that are having fun with such silly things!” WATER VIOLET profile may have feelings of superiority involved which is actually well-founded.
- These are those children that love playing by themselves. Often these people suffer, in an affective relationship, not being able to transmit all the love they feel to their partner or to their offspring, this is the reason why, most of the times, they suffer for lack of affection.
- The WATER VIOLET people are quite gentle. They are happy to be by themselves because they have great inner peace and serenity. They are self-reliant; they go their own way and do not interfere with the affairs of other persons, but at the same time they will not tolerate any interference in their affairs.
- The positive virtues of the WATER VIOLET type are found in those who put their great capabilities at the service of others. Dr. Bach wrote about them as follows: “Those who have great gentleness, are tranquil, sympathetic wise practical counsellors, who have poise and dignity and pass gracefully through life.”
- They are prone to suffer from physical ailments, for pride and mental rigidity often manifest themselves in the body as physical stiffness and tension.
- **WATER VIOLET makes him more sociable, more open, and friendlier to other people. It brings about a balance between introversion and extroversion.**



“It is curious how often you humans manage to obtain that which you do not want.” – Mr. Spock

# A note on loneliness

In todays world it is difficult to find a kindred spirit among the people around us. A person has to be very skilled in communication in order for the communication to be open and honest, not superficial. This is why alienation is accompanied with a feeling of loneliness. Loneliness is becoming more common but that is the one thing Ms. HEATHER cannot stand! Preoccupied with her own problems and unable to be alone, anyone who crosses her path is an audience. She demands that the audience show full interest in her problems. Ms. IMPATIENS is angry because someone is slow or because she has to wait, not because she lost self-control. This the reason she prefers to work alone, or to be alone. Ms. WATER VIOLET is a remarkably proud person. She is a born aristocrat, superior by nature – just like Impatience. She however is lonely because she does not want to lose her independence to someone. Although there are people who prefer to work alone or to be alone, that does not mean that they like to feel lonely. Solitude and loneliness are not the same thing. Isolation can be a result of miscommunication, as with a HEATHER person, or self chosen solitude, as with WATER VIOLET and IMPATIENS. Regardless of what the origin is, loneliness is a source of frustration and suffering and most people would be happy to be rid of it. Eliminating the cause of this suffering is achieved by these remedies.

Remedy	Symptom	Intensity
Heather	Always looking out for an audience to listen to her woes. “I have ... ”	Low to Medium
Impatiens	I cannot wait for you to finish. “Oh! Let me do it myself.”	Low to Medium
Water Violet	I just like to be alone. “You guys go ahead and enjoy.”	Low to Medium



# AGRIMONY

Sad clown, Mask of happiness, Anguish, Pretends that he is happy, Mental torture, Internal unhappiness - **COMMUNICATE OPENLY**

*For The jovial, cheerful, humorous people who love peace and are distressed by argument or quarrel, to avoid which they will agree to give up much. Though generally they have troubles and are tormented and restless and worried in mind or in body, they hide their cares behind their humour and jesting and are considered very good friends to know. They often take alcohol or drugs in excess, to stimulate themselves and help themselves bear their trials with cheerfulness.*

- Those in AGRIMONY's negative state are very sensitive, and will go to great lengths to avoid quarrels or disharmony. This sensitivity may cause nervous restlessness but they will make light of the situation or condition and may even joke about it rather than admit there is a problem or accept help. They may even resort to alcohol or drugs to quieten the inner pain. They will maintain an outer show of confidence, with a brave face and assurances that they are 'fine', whilst experiencing inner turmoil.
- This remedy is suitable for people, who use a mask in order to assure the outside world, that they are perfectly happy, jovial and without troubles. This means that these people are very closed and that they do not confide their troubles to no one, but use a easier way to deal with the outside world they pretend that they are perfectly happy.
- He tries to ignore the dark side of life trying to avoid negative experiences, having the tendency to postpone. Over time he won't even know what he is trying to escape from, because he is hardly thinking about that problem.
- He is hiding his weakness and faults in order to have as many people possible around him, not understanding that often a real friend with whom having a deep relationship is better than people with whom you have superficial relationships. He fears being lonely. He has acceptance issues. He struggles to accept himself and life as is.

# AGRIMONY

Sad clown, Mask of happiness, Anguish, Pretends that he is happy, Mental torture, Internal unhappiness - **COMMUNICATE OPENLY**

- She seems to be in good mood and claims to have good health, but with a deeper analysis you will realize that she has inner torments. She downplays everything. She fills up her life with many activities so as not to think.
- She is a very accommodating and ceremonial person. She tries to appear untouchable and strong, but then unexpectedly you will see a tear coming into her eyes in front of a happy scene from a film. She shows her restlessness by racking her hair or cigarettes pack. She laughs but then deeply sighs.
- He is often smoking, eating at night to calm his anxiety. Bites his own fingernails. He looks for excuses not to go to sleep: one more cigarette, one more glass, television, etc. Apparently calm and serene, but may suddenly and disproportionately gets agitated because he forgot to make a phone call. He does not like to have profound conversations. The rare times when speaks about himself, he never looks into the eyes. He takes a lot of care about own overall appearance, always well dressed, a perfectionist. We know a person like that and never realised there could be issues.
- Usually AGRIMONY shows up at a flower therapy consultation asking about a particular problem to be solved, neglecting the other four, often more serious than the one that forced him to request an appointment.
- **Positive AGRIMONY are life's optimists. They have a genuine personality, which is both engaging and embracing. They exude heartfelt warmth and humour, and have strength of heart, which is fearless in adversity: they are true heroes.**



# CENTAURY

Kind, Gentle, Helpful, Slaves, Cannot refuse to help, Cannot say “no” - BE ASSERTIVE

*Kind, quiet, gentle people who are over-anxious to serve others. They overtax their strength in their endeavours. Their wish so grows upon them that they become more servants than willing helpers. Their good nature leads them to do more than their own share of work, and in so doing they may neglect their own particular mission in life.*

- The doormats who end up doing so much for everyone else not really because they want to but because they just can't say No. Inside, they might hate what they get into because they can't stand up for themselves and usually find it easier to acquiesce to the stronger willed ones than to argue.
- Helping others is a virtue but in a person like this, it can be carried to extremes and is more of a weakness.
- There's an anxious look about them and they are always looking around to see if there's something they should be doing. They also look tired and pale most of the time because most dominating people take advantage of their good nature and exploit them.
- CENTAURY has a mind like a child's and they go all out to help without questioning. There is a lack of maturity and they take things at face value, rarely questioning the baser motives of those who take advantage of them.
- These people are very easily hurt and are extremely sensitive. Maybe that is why they help – hoping to always please others. They are always submissive and this makes certain people exercise an emotional control over them.
- People who need CENTAURY are often swayed by religious people and could end up joining cults or following gurus who might exploit their good nature. These are people that are often trapped in sects and are ready to do everything in order to please their leader, no even realizing what they are doing.

# CENTAURY

Kind, Gentle, Helpful, Slaves, Cannot refuse to help, Cannot say “no” - BE ASSERTIVE

- This is the person that is often empowered with the worst tasks, because usually she will never reject them. These are people that are always tired, because they help others until they feel exhausted. Her typical sentence is: “I have not been able to say no”. These are those people that when someone speaks they move their head miming yes. They have usually pale complexion, dark circles, bent shoulders, unassuming aspect, calm, walking with their head down and speak with sweet gentle tones. She greets people with weak hand shakes. She dresses in an anonymous fashion.
- The character that comes to mind is Cinderella who mopped, cooked and did everything told by the step mother and her step sisters.
- Being a doormat is not healthy. In fact, resentment develops when personal needs are always put aside. CENTAURY types find it hard to let others know they are feeling resentful, and continue to allow others to use them. This cycle will persist, creating even greater resentment. They will hurt themselves in the process with the underlying negative emotions that result.
- **When giving to others is detrimental to their own welfare, this flower essence enables individuals to be able to say, "No I'm really sorry, I'd love to help you out, but it's not possible now may be another time." CENTAURY allows us to do this gently and feel OK with it and know, "I can do what I need for myself. I don't always have to sacrifice my needs for others."**





# HOLLY

Jealousy, Suspicion, Envy, Revenge, Negative feelings toward others, Absence of love - GOODWILL TOWARDS OTHERS

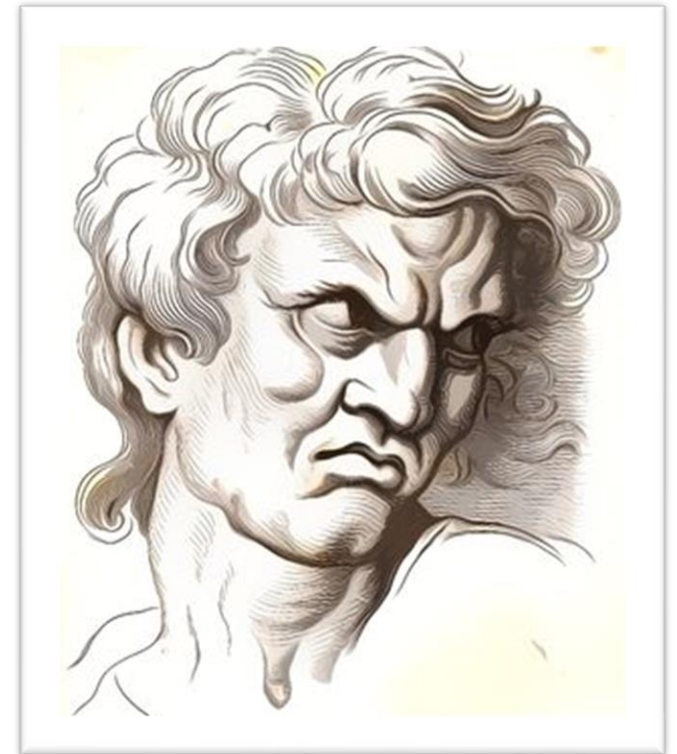
*For those who sometimes are attacked by thoughts of such kind as jealousy, envy, revenge, suspicion. For the different forms of vexation. Within themselves they may suffer much, often when there is no real cause for their unhappiness.*

- HOLLY is the flower for soul poisons, that is for all those distorted forms of love manifestations. It could be someone that is very angry and explosive, someone jealous that goes mad in her thoughts or someone prey of envy. A HOLLY person easily falls out of balance and then always reacts aggressively (verbally and/or non-verbally).
- These people are oversensitive in the sense that they are easily thrown out of balance whenever things do not go as expected, or when the conditions in which they dwell are demanding. This could be, for example, situations involving fatigue, noise, hunger or lack of sleep. Characteristics of this mood surface easily and are very explosive reactions of aggression, such as anger, jealousy, envy, distrust or hatred, followed by kind of joy or satisfaction when someone is hurt. This is the typical jealousy children have, very useful for instance when a little brother is born.
- This remedy is very useful whenever you notice hostile feelings towards others, when you lose your temper over little things, when every reaction to outside events is tainted by hostility and aggression.
- These are jealous people, envious, vindictive, or that feel anger towards someone. This is a jealous and suspicious person that follows his partner to see where she is going or even hires an investigations agency.
- An aspect that has also to be remembered is that HOLLY, besides being someone that explodes like a storm, can also be someone who is very cold and able to save his revenge inside herself for many years, before activating it at the right time.
- Feelings of paranoia can also be treated with this flower essence.

# HOLLY

Jealousy, Suspicion, Envy, Revenge, Negative feelings toward others, Absence of love - GOODWILL TOWARDS OTHERS

- HOLLY in this state is the opposite of heartfelt love, displaying emotions such as jealousy, bitterness, anger, envy, suspicion, rage, selfishness or any emotion which cuts off the heart energies of joy, openness and love for all. The heart energies become distorted and bitter, the body becomes gnarled and withered as the positive energies, which bring elegance and poise, no longer flow through the heart.
- You need to remember that you do not take any flower essence to receive the positive quality it holds. You choose a particular flower essence only if you are experiencing the negative state that the flower essence addresses.
- *In the HOLLY state one perceives people and situations as threats to one's peace and well-being. The mind thus agitated begins to reject, repulse and retaliate, sometimes to the point of inflicting harm, as can happen in some extreme cases.* (Atul's blog)
- **The remedy encourages everything that is good and beautiful in ourselves, enhances energy; vibrations of aggression are replaced by vibrations of love. In other words, it diminishes and then, completely eliminates unhealthy aggression. When we have positive vibrations we attract other positive vibrations from our surroundings – we become attractive to others who are also positive. It makes us more gentle, friendly and capable of love.**



# WALNUT

Need for the protection from the outside, Influence of others, Need for stability - ADAPT TO CHANGE

*For those who have definite ideals and ambitions in life and are fulfilling them, but on rare occasions are tempted to be led away from their own ideas, aims and work by the enthusiasm, convictions or strong opinions of others. The remedy gives constancy and protection from outside influences.*

- WALNUT is the flower remedy of change – change whether it is physical, mental, emotional or spiritual. What WALNUT does is to make the transition from one state to another as smooth and as easy as possible. WALNUT is a great remedy that helps one to ‘move on’ without being tied to the old. It can very often sever the ties that bind you to an old love, old hurt or old anger so it has often been called the ‘**link breaker**’.
- Dr. Bach himself was a good example of the WALNUT type. He forsook all of his old ideas of healing to find out a better way to cure people. He did this in spite of ridicule, lack of encouragement, and advice to the contrary proffered by his old colleagues. He persevered even against the strong influence of his own training and background in medicine.
- The WALNUT type has definite ideals and ambitions in life. Their goals, which they are anxious to obtain, are so important to them that conventions which might impede their fulfilment, are simply ignored. It is only rarely that the WALNUT persons are influenced by others, yet they can be swayed by a stronger or more dominating personality, or a forceful circumstance. A link with the past, a family tie, or force of habit, might hinder and frustrate their own plans, and even change the course of their lives. They need to be free from such bonds in order to fulfil their mission, WALNUT is the link-breaker; it is the remedy that will free them from just such trammels, and which will protect them from outside influences.

# WALNUT

Need for the protection from the outside, Influence of others, Need for stability - ADAPT TO CHANGE

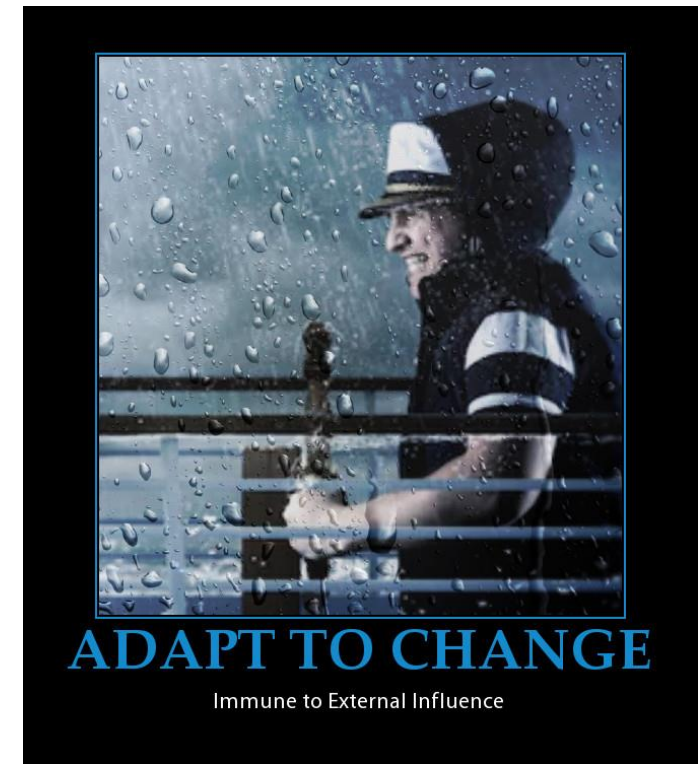
- Dr. Bach wrote: “WALNUT is the Remedy of advancing stages, teething, puberty, change of life. For the big decisions made during life, such as change of religion, change of occupation, change of country. The Remedy for those who have decided to take a great step forward in life, to break old conventions, to leave old limits and restrictions and start on a new way. This often brings with it physical suffering because of the slight regrets, heart-breakings, at the severance of old ties, old associations, old thoughts. A great spell-breaker, both of things of the past commonly called heredity, and circumstances of the present.”
- It also helps to take that final step when you’ve almost made up your mind to do something but are dithering to take the plunge because you are anxious or scared.
- WALNUT is the flower that is useful in all those situations where the person lets other people’s ideas condition and influence them, ending up to be distracted from own goals.
- It is ideal for the constant traveller and helps one adjust better to time zones, jet lag, climate differences, food changes and people. WALNUT also helps in the biological changes that a person has to go through in life. It is of special help during teething, puberty and menopause.
- WALNUT persons will typically say “I am a sponge”; “that will discharge all my energy”; “I will go to the hospital and then I will feel sick”.
- WALNUT is useful when people go through change that brings on stress or just new ways that one has to adjust to mentally. This could be a new job, a new home, a new school or university or a new city or country. It could also mean a new phase in life like retirement, marriage or children.



# WALNUT

Need for the protection from the outside, Influence of others, Need for stability - ADAPT TO CHANGE

- WALNUT is a wonderful remedy when there are important spiritual decisions to be made like joining a new order, converting to another faith or embracing a new belief.
- These are people that cannot keep their mood stable because easily led by the others: they are happy when awake and just a phone call from a friend in crisis is sufficient to change their mood. She, generally speaking, is a very open person well prepared to listen to others, but then she will absorb their mood.
- Children who have big problems accepting new articles of clothing, so they wear the same tracksuit until it falls apart from washing, not wanting to put on a new one, require WALNUT.
- It is also a wonderful support for all those who work in the healing field counsellors, body workers, nurses, etc., as it also protects against any client's potentially draining energy.
- **WALNUT gives a person the mental strength to break free of addictions like gambling, smoking and drinking. It also frees the mind from the binding diktats of superstitions and religious or community impediments. WALNUT helps us land on our feet after changes have happened! WALNUT will protect us from the external environment so that we experience a “buffer zone” between us and what is happening around us. That experience does not allow outside influences to overpower us.**



# A note on outside influences

These four remedies are associated with love and compassion, and as love has the capacity to change anything and anybody. These remedies are connected with the process that engenders heartfelt love for all, dedication and self-realisation, to connect us with our true desire, warmth, spontaneity, and openness. Imbalance expresses itself in a lack of confidence in our own desires, dreams, plans, and judgement. This manifests as self-doubt, suspicion, anger, and a feeling of struggle between body and mind. Ms. AGRIMONY goes about life with a smile and cheerful disposition. She cries at home when no one is there. It is a mask she has on her face. Ms. CENTAURY has not learnt to say NO. She feels very strongly about the people around her and expresses her love by helping others. Others stronger than her take this as a weakness and exploit her goodness. Ms. HOLLY has lost all link to the goodness and love. She has jealousy, hate and anger towards the world. This negativity is very obvious and exudes out from her being. Ms. WALNUT wants to do something new in life. She has dreamt about it and is on the verge of doing something great. Family ties, traditions, social norms is holding her back from being what she has dreamt to be.

Remedy	Symptom	Intensity
Agrimony	Hiding behind a smiling mask. “Oh nothing ...”	Low to Extreme
Centaury	Doormat. “I cant say no to him, can I?”	Low to Medium
Holly	Jealousy and anger. “I wanted that .. How could he take it ....”	Low to High
Walnut	Cannot change. “How can I leave it behind ...”	Low to Medium

# CRAB APPLE

Unclean, Dirty, Poisonous, Repetitive behaviour, Anxious, Compulsive behaviour - ACCEPT IMPERFECTIONS

*This is the remedy of cleansing. For those who feel as if they had something not quite clean about themselves. Often it is something of apparently little importance: in others there may be more serious disease which is almost disregarded compared to the one thing on which they concentrate. In both types they are anxious to be free from the one particular thing which is greatest in their minds and which seems so essential to them that it should be cured. They become despondent if treatment fails. Being a cleanser, this remedy purifies wounds if the patient has reason to believe that some poison has entered which must be drawn out.*

- The Bach flower remedy CRAB APPLE stands for perfect order and balance but when there is need for it in the body, the person takes it to an extreme and wants everything around him to be flawlessly perfect. It gets to a stage very often when he not only wants to walk a certain way, look a certain way and act a certain way but he even starts thinking that certain thoughts are imperfect and he tries to think a certain way. This is termed as Obsessive compulsive disorder (OCD).
- It is typical for the people needing this remedy, that in time when they are seriously sick, they disregard the sickness as unimportant, but focus on the thing they dislike about themselves. The CRAB APPLE people focus on one thing they regard as unclean or poisonous and they try to get it cured. If the treatment fails, they become very anxious and depressed.
- This remedy is usable even in cases, when the person has a reason to believe, that he was poisoned and that the poison should be drawn out. Crab Apple helps to detoxify the system, especially if there is pus present.
- They will say – I look disgusting. Look at this pimple, now I will not be able to leave the house for days! I am disgusting. How disgusting, it is full of grease! That fellow is dirty. I feel it being unclean. I am disgusted by snakes.

# CRAB APPLE

Unclean, Dirty, Poisonous, Repetitive behaviour, Anxious, Compulsive behaviour - ACCEPT IMPERFECTIONS

- The CRAB APPLE is sometimes prescribed for the people characterized as anxious perfectionists, that rely on their rituals and are unable to free themselves from their routines. They become trapped in their ritualistic behaviour, because it assures their safety.
- The remedy is indicated when we have picked up a “mood” or depression from those around us, something that does not really affect us but which we are trying to process, as healers sometimes do. I sometimes have this feeling when I interview people for jobs. After a day long exercise I feel very tired and disturbed. A good salt water bath helps clean this feeling up for me and I am cheerful again.
- He just cannot bear to see any blemish in himself either – so he might just get a bit too concerned about a scar or a pimple. Very often, these people will keep washing their hands or take many showers during the day. They are equally dedicated to little, inconsequential and essential things. Excessive intolerance towards disorder or uncleanness can create feelings of disgust towards oneself, especially towards one's own appearance, body parts or certain foods.
- His mind gets caught up in the details – and it's usually the little, unimportant ones that assume alarming proportions inside his head. It could be a little stain on the carpet or a bit of water or milk spilt on the table. He can think of nothing else till he has put whatever he thinks is wrong, right. So he is usually in a state of stress and this could bring on a few health problems.
- They constantly feel that they need to clean up – inside and out. If a harsh thought crosses their mind, they feel so terrible in their hearts. They are very sensitive souls and they get hurt easily when made fun of about their unusual behaviour. They are perfectionists and feel that even emotionally, they have to feel like a perfect person should.



# CRAB APPLE

Unclean, Dirty, Poisonous, Repetitive behaviour, Anxious, Compulsive behaviour - ACCEPT IMPERFECTIONS

- They are focused on the material world and the reason for this orientation is clear. Material things can be arranged and cleaned; it is easy to maintain cleanliness and order with them.
- This is great when you want to wash the memory of a dirty feeling off – this could be physically, like after a rather tough nursing job or mentally like after having to put up with a distasteful experience – sexual molestation.
- CRAB APPLE can be useful every time somebody is describing own symptoms as if it is something alien from himself/herself, for instance: “it is just like a mouse is nibbling my knee”, “I have a brick on my belly”, “*I feel ants running on my legs*”, “I have a lump on my throat”.
- This flower essence is also a great help for women during the end stages of pregnancy, when they look in the mirror thinking, “My God, I look like a beached whale. Where did that waist line go?” As **CRAB APPLE is a cleanser**, it is also recommended for pregnancy in general, as the body is now cleansing two life systems.
- It is very useful for teenagers, who **pay great attention to their looks** and could take a stance of rejecting themselves at that stage.
- **The CRAB APPLE remedy helps an individual cope with their feelings of shame, which are a consequence of their actions, thoughts or flaws. CRAB APPLE lifts his mind from the petty details to the things that really matter.**



Monk the brilliant detective! Watch this serial to know what Crab Apple is good for at an extreme.

# ELM

Loss of self-confidence, Effects of overworking, Effects of too much taken on responsibility, Overwhelmed - BE EFFICIENT

*Those who are doing good work, are following the calling of their life and who hope to do something of importance, and this often for the benefit of humanity. At times there may be periods of depression when they feel that the task they have undertaken is too difficult, and not within the power of a human being.*

- The Bach flower remedy ELM is great in the lives of strong and responsible people when they have their occasional moments of inadequacy or weakness. In general, those who might need ELM usually do not need it on a continuing basis – they need it occasionally when they hit the potholes of exhaustion and weakness on a road that they usually travel with a great deal of hard work, courage and strength.
- This is a very friendly, responsible person, that everybody takes as point of reference to get help and advices. He is a great worker. Drinks lots of coffee to support himself. In the morning he does not wake up sufficiently rested. He has too much fatigue that has accumulated. He suffers from tensions at his shoulders, neck pain, back and knees pain.
- ELM people are capable and usually hold positions of responsibility and power. They come up in any organisation by the sheer dint of hard work and they can be thoroughly relied on to get any job done. They never shirk their responsibilities and it is only when there is far too much work for them to manage that they show signs of not being able to cope.
- Very often, the ELM person relies on himself a little too much and this can lay him open to hurt. He thinks if he does things well, emotionally, too, things will go the way he expects them to.
- When the stakes are high and the gain significant, there are risks of failure and that is when they could believe they are in over their heads. That would be the perfect situation for the effects of ELM remedy.

# ELM

Loss of self-confidence, Effects of overworking, Effects of too much taken on responsibility, Overwhelmed - BE EFFICIENT

- Absorbed by his own passions and aware of his strength, ELM has the tendency to neglect himself and take on too many responsibilities and commitments. He does not listen to the signals from his own body, he does not allow to himself adequate recovery times and so drags tiredness on and accumulates stress.
- As the amount of obligations keeps mounting, or the level of responsibility increases and gradually, the person's capacities are exceeded, our confidence can become "rattled" causing us to doubt our capabilities. "I'm no longer sure if I can do it. I feel like this goes beyond me"; "I have so many obligations, many families rely on me, I'm not sure how much longer I can keep this up. Are level of duties and responsibilities, like this, beyond me now."
- **The flower essence ELM brings a confidence that you can accomplish all you need to, in the right time and place. ELM is useful to become aware of our own body and mind needs, for instance sleeping some more time. Another interesting peculiarity of this essence is to raise the pain threshold.**
- **ELM also makes them see that there are some things that are simply too much for them to handle – so maybe they should leave it to be done later or get more hands on the job.**



There was an old woman who lived in a shoe.  
She had so many children, she didn't know what to do.  
She gave them some broth without any bread;  
And whipped them all soundly and put them to bed.

# LARCH

Expecting to Fail, Not as good as anyone else, I don't think I can - HAVE CONFIDENCE

*For those who do not consider themselves as good or capable as those around them, who expect failure, who feel that they will never be a success, and so do not venture or make a strong enough attempt to succeed.*

- LARCH is what people with an inferiority complex need. The sad thing about these people is that they are convinced that they just don't compare favourably with others and it is almost impossible to shake off this feeling from them. So, they just cut themselves off from growing in every way through life and paint themselves into a corner with no challenges and no new learning – all because they feel that they just can't do whatever they have to do as well as everyone else.
- This describes people who miss opportunities because they think they will not know how to or will not be able to do something and that therefore, failure is imminent. Unable to rely on themselves, they expect things to go wrong and this is why they do not even try or, avoid situations altogether.
- As they anticipate failure in the end, theirs is an attitude of "why even bother." "I will never make it, not being up to such task." "I'm not capable of doing that." "I don't know how to do that, I will definitely not succeed."
- A LARCH person practically loses opportunities to gain skills through experience, via the "trial and error" principle, by avoiding problems and situations, because they think that it is not for them or that they cannot be successful. Since skills are acquired through experience and practice, a LARCH person is doomed to fail when faced with an obstacle when completely inexperienced.
- It is quite useful to take in LARCH before school examinations. This is also the critical flower to treat male impotence.



# LARCH

Expecting to Fail, Not as good as anyone else , I don't think I can - HAVE CONFIDENCE

- She lives just carrying out undemanding tasks, her self-esteem always diminishing. She precludes possibilities, giving up all goals without any attempt. Even when she decides to do something, having been forced to, will accomplish that being convinced that she will fail.
- This is someone that never takes any risk. He does not undertake any business unless is sure of the outcome. In his love life he will be very cautious, being afraid of rejection.
- The problem is, that during the course of life (based on a series of unfortunate events), the LARCH has learned to accept the fact, that he will always fail, and knowing that he does not even try to succeed.
- This can, of course lead only to another failure. The LARCH people must learn to forget their past failures, not to anticipate a negative outcome, but to hope for the success in their lives.
- **This mental block is hard to surpass but a few doses of LARCH bring on a great change and the self-imposed barriers that made them believe they were inferior start to come down. Once they are mentally convinced that they are equal to others, they start becoming more competitive. LARCH puts us in touch with our own specialness.**
- **There's a positive energy that flows from the higher self and it washes over the person making him filled with a sense of self-worth.**



# OAK

Endurance, Perseverance, Steadfastness, Determination, Sense of duty, Busy, Diligent, Stubborn - **RESTORE ENDURANCE**

*For those who are struggling and fighting strongly to get well, or in connection with the affairs of their daily life. They will go on trying one thing after another, though their case may seem hopeless. They will fight on. They are discontented with themselves if illness interferes with their duties or helping others. They are brave people, fighting against great difficulties, without loss of hope or effort.*

- They never give up, no matter how much they must endure in live, no matter what the goals are, and how hard the work is. They are the typical fighters. They struggle with all kinds of obstacles and try one thing after another even if the case seems hopeless. The OAK people have a very great sense of duty and the determination to achieve their goals. If they are unable to continue their work because of a disease, or an injury, they are discontented with themselves and can even get angry at themselves, because they feel, that no matter how sick, or tired they are, they must fulfil their duties.
- They are courageous, tenacious, capable, efficient, hardworking, reliable, positive, calm and collected under stress, independent, fearless, fighters, systematic, relentless, always ready, put up with a lot without complaining, tough, resilient, loyal and responsible no matter the price! These people will never turn you away, refuse to help or offer support and will do anything for you when asked. It is clear why they deserve admiration and respect!
- So then where is the problem? One of it is that he can be rather unemotional and undemonstrative. He views the tender moments in life as being frivolous and a waste of time. This makes him push his feelings to the background till eventually there is nothing but coldness – not very conducive to nurturing a relationship. He sees emotion as weakness and there lies the problem.
- **OAK makes him realise that there is a place for emotions in life and they can be a source of strength.**

# OAK

Endurance, Perseverance, Steadfastness, Determination, Sense of duty, Busy, Diligent, Stubborn - **RESTORE ENDURANCE**

- Although this kind of perseverance looks perfect, it has its negative sides. After a while people will start exploiting an OAK person and due to his sense of duty, he will perform all duties imposed on him. This will put an OAK person into a never-ending cycle of accepting and performing duties that are beyond his power. Another major problem of OAK persons is the stubborn refusal of rest.
- Moreover, OAK individuals - do not complain! They put up with and endure it all. The power of their personality and willpower can exceed their biological strength. “Oh, there's no need to worry about me, I can do it all.” “I never give up, stubbornly going all the way, at any cost.”
- Finally, an OAK person breaks! They collapse and have a nervous breakdown. They experience despair and dissatisfaction – even when prevented by force majeure.
- **The remedy helps them redefine their outlook “I can do it – means I have to do it.” It helps them begin to appreciate the signals which indicate failure. It helps them start paying attention to their feelings and the experience of fatigue. It allows themselves to rest in order to prevent exhaustion and after resting, being able to continue their goals within their means and circumstances. To live like men, not like Supermen. It helps them be able to make priority lists, to take into account their own conditions and limits, while using priorities as a guide.**



# PINE

Feelings of Blame, Perfectionists, Guilt complex, Discontented with themselves, Perseverance, Humble - HAVE SELF-RESPECT

*For those who blame themselves. Even when successful they think that they could have done better, and are never content with their efforts or the results. They are hard-working and suffer much from the faults they attach to themselves. Sometimes if there is any mistake it is due to another, but they will claim responsibility even for that.*

- The most characteristic feature of the PINE people is that they feel that they are not good enough. If something fails, they place the blame on themselves and even if they are sometimes successful, they feel that they could have been better. Since, they feel that they are inferior they even claim responsibility for mistakes that they are not responsible for. “Was it my fault?”; “I may have done something wrong”.
- These are people that are never satisfied about what they have achieved. They always blame themselves saying they could have done something more, something better or that they have not done their best.
- It is easy to recognize him because he is always excusing and justifying himself. He always feels guilty for everything, even for something he did not do. If you provide him with a compliment, he gets embarrassed and says: “come on... it is no big deal”. He gives many presents in order to compensate the feeling he cannot love just like the others love him. He is convinced that he does not deserve so much love. He never eats the last piece of cake because he would feel guilty. This is the person that if you are clapping your hands at him, will do the same to you not to get all recognition. His head is always downwards.
- “It serves me right, it ‘s all my fault. I will be paying for this mistake for the rest of my life.” It is a tendency to treat our mistakes as sins. They have such a terrible guilt complex that they blame themselves for everything and very soon, it becomes a habit.



# PINE

Feelings of Blame, Perfectionists, Guilt complex, Discontented with themselves, Perseverance, Humble - HAVE SELF-RESPECT

- Another significant event that may trigger a chronic PINE condition can be rape, that often leaves behind a strong sense of guilt at an unconscious level; or excessive reprimands to children from their parents, which will transmit them a negative image of themselves. Or some parents that wished to have a boy but got a girl they never accepted.
- Somewhere deep inside, he feels he does not deserve to be alive which is why he is constantly saying sorry for existing.
- Although acceptance of own failures is a good trait, dwelling too much on previous mistakes results in a guilt complex and turns this positive trait into a negative one. How can a person who does not love himself love others? While they can love with their whole heart – they are very giving – they cannot accept love without feeling they do not deserve it.
- **The PINE teaches to accept the mistakes without dwelling too much on them. Every mistake only serves to teach us something and the learning of this lesson improves us. PINE makes them begin to realize they have done their best, and the pressure of feeling their efforts have not been good enough is released.**
- **PINE heals the spirit and washes it clean of any memories of past sin. It teaches a person to accept himself as a special spiritual being with a unique soul that does not need to apologize for living, but revel in the fact.**



# STAR OF BETHLEHEM

## Shock, Trauma - NEUTRALIZE GRIEF

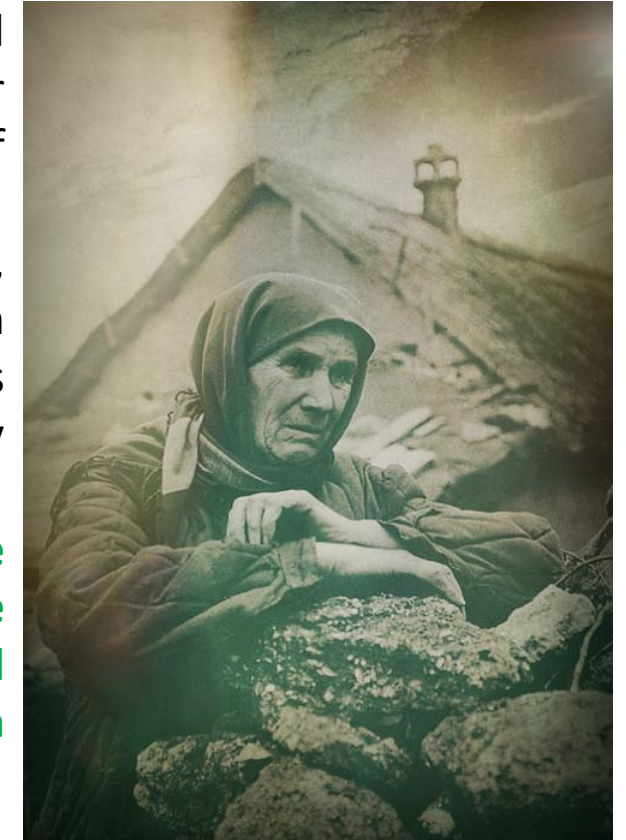
*For those in great distress under conditions which for a time produce great unhappiness. The shock of serious news, the loss of some one dear, the fright following an accident, and such like. For those who for a time refuse to be consoled this remedy brings comfort.*

- STAR OF BETHLEHEM is wonderful to treat shock of any kind. This is the numb state that shock makes him retreat into. A state when he doesn't feel and very often cannot even think. It could happen with bad news, with traumatic experiences during childhood that one cannot even remember or even with any kind of an emotional let-down.
- Very often, when a person experiences shock, the aftereffects are not immediately felt because the mind goes numb and the feeling is pushed into the subconscious. This is dangerous because it can give rise to a whole lot of mental issues which could manifest themselves much later. Many psychosomatic ailments like allergies and asthma are thought to be results of shocks that have been suppressed. Bad news about a loved one's death, a lover breaking off a relationship, being told to vacate your home suddenly because you haven't kept up with the payments can all bring with them changes like greying of hair, loss of hearing, heart attacks, aches and pains, etc.
- STAR OF BETHLEHEM is also a remedy for grief, it is the "comforter". The remedy is able to "thaw a frozen heart". The heart hardens because it cannot stand that much sadness so it stops feeling. It is intended for all types of trauma – psychological and physical, regardless of their intensity and how long ago they occurred, when the results of that trauma are frozen emotions or intense grief.
- This remedy also covers situations where there is loss or a lack of something valuable that would make our lives meaningful and happy. **STAR OF BETHLEHEM, when it is administered soon after a shock can work wonders and prevent the shock from leaving its mark on the person physically.**

# STAR OF BETHLEHEM

Shock, Trauma - NEUTRALIZE GRIEF

- A STAR OF BETHLEHEM individual refuses to acknowledge that what happened has happened, denies it and is overwhelmed with disbelief that such a thing is possible. “No, no, this can't be happening to me.” “I am completely stunned, aghast.” “After that event all my emotions have frozen. I am now an empty shell”
- The traumas can arise from different circumstances: physical abuse, verbal and sexual abuse, when self-esteem and personal values are significantly threatened, or when someone is a victim of others or of circumstances; when the consequences of loss are emotional paralysis, numbness, sadness.
- Many times, even years later, delayed effects may manifest as physical symptoms, nervous breakdowns, anxiety attacks, depression, etc. For many, true healing can only begin after the release of any trauma. The vibration of this flower essence works at the cellular level and releases any traumatic experience from the cellular memory itself.
- **STAR OF BETHLEHEM helps the person to cope emotionally by helping him ride the pain and slowly get rid of it rather than trapping it inside where it could cause irreparable emotional harm. It prevents the effects of trauma from happening and drains the shock from the mind, allowing the effects to flow out and not be frozen inside. This remedy usually brings on mental clarity after it is taken.**



# SWEET CHESTNUT

Despair, Anguish, No-way situations, End of the line, Hopeless, No escape, It is over - BE OPTIMISTIC

*For those moments which happen to some people when the anguish is so great as to seem to be unbearable. When the mind or body feels as if it had borne to the uttermost limit of its endurance, and that now it must give way. When it seems there is nothing but destruction and annihilation left to face.*

- In the SWEET CHESTNUT state, one feels as though plunged into a black hole filled with darkness and despair, unable to go on. Yet, so weakened by despondency, there is no energy left to end it all. This state is probably the most severe depression that can be experienced. It leaves a sense of isolation so great that even God seems out of reach.
- It is likened to the state when Jesus cries out on the cross “Father why did you abandon me?”. In this moment, He experienced an absolute cut off from the Father’s presence, thereby experiencing what humanity experiences in its natural state... the utter spiritual darkness... bereft of the light and glory of God. It is the state of a parachutist who, when pulled his cord, realized the parachute had not opened.
- Edward Bach defined the SWEET CHESTNUT crisis: the long night of soul, the night before a great and significant spiritual change. At times in fact this crisis occurs because it is the soul that is pushing to change something and so the person looks disoriented, agitated, feeling great pain, trembling, does not sleep at night, fails to take care of himself physically, has an emptiness inside that is unbridgeable and pronounces sentences like: “in my life nothing is working any longer”, “everything I did up to yesterday, now seems to be meaningless”...
- SWEET CHESTNUT in its negative state describes a person when he has reached the end of his tether. He feels like he has his back against the wall, in spite of everything that he has done and there is no way out. He feels completely exhausted and it is as though every avenue he has explored is a dead end with nowhere left to go.



# SWEET CHESTNUT

Despair, Anguish, No-way situations, End of the line, Hopeless, No escape, It is over - BE OPTIMISTIC

- Physically, he is at a point when he feels that his legs will carry him no further, when he has exhausted the last ounce of his energy. It isn't just the incredible fatigue that he has to bear, it is the feeling that his body cannot go on.
- **SWEET CHESTNUT gives his tired bones a fillip to go that extra mile. More than that, it puts hope into him that all is not lost and that there could be a rainbow ahead after that next turning.**
- However, even though it is extreme despair that he experiences, he never thinks of ending it all with suicide. All he does is feel terribly tired and gives up. SWEET CHESTNUT makes him hope and opens his mind to other avenues to explore where he could begin to see success.
- The person that needs this remedy feels a deep and intense pain inside that is destroying him, leaving him immersed in an anguish that takes away his breath and strength. This is such a strong pain that he cannot even cry.
- **With SWEET CHESTNUT, he feels again and he learns to love and share both the good and the bad. SWEET CHESTNUT helps him tap the hidden springs within and lets hope flow over his parched soul. With belief comes the feeling that his soul can rise up and feel joy again.**
- **SWEET CHESTNUT is a remedy for “a broken heart”. It brings solace when the limits of our endurance have been tapped.**



# WILLOW

Self-pity, Resentment, Bitter, Grumbler, Fault finding, Injustice - FORGIVE & FORGET

*For those who have suffered adversity or misfortune and find these difficult to accept, without complaint or resentment, as they judge life much by the success which it brings. They feel that they have not deserved so great a trial, that it was unjust, and they become embittered. They often take less interest and less activity in those things of life which they had previously enjoyed.*

- The most characteristic picture of a WILLOW remedy is a never-satisfied, fault finding, old grumbler who concentrates only on the negative sides of everything. The WILLOW is never satisfied with anything. He always searches for mistakes and he never ceases to criticize everyone. This negativistic attitude does not concern only other people. Even if something goes well in his life, he always looks at the negative side of this improvement.
- The indications for this flower essence are bitterness and resentment. WILLOW individuals feel that life has given them a raw deal whether it be their mother or father they blame, or the Universe itself.
- We have seen this in the family. "I could have been a doctor. Father did not pay my fees". "Physics tests paper was set by the other section teacher. It was not taught to us." "You said God will help me out if I pray daily. I did not get through the exams!"
- They see themselves as victims. WILLOW personalities take no responsibility for their lives, blaming others, or circumstances and events, for the causes of their misery. We all need to realize that on some level, we not others are responsible for the place we are in.
- Generally, their attitude is others are at fault for my mistakes or because I failed. These are individuals who transfer the responsibility of their own mistakes onto others.
- "If it wasn't for you, I would be happy now! I'm not to blame, he is!" ... and so on.

# WILLOW

Self-pity, Resentment, Bitter, Grumbler, Fault finding, Injustice - FORGIVE & FORGET

- These are individuals who transfer the responsibility for the quality of their own life onto others, onto life or to God. These individuals are prone to self-pity, despair and bitterness. They are very intolerant when they suffer injustice, very prone to take other people's behaviour as ill-intention rather than a random mistake. A WILLOW person can become seriously ill – fall into a depression.
- “I know I should get over it, but it’s stronger than me.” “I know it would be great if I could forgive, but I don't know how to do it.”
- This puts them in a state of perpetual grumbling. They feel that any higher power should be kind to them and shower them with blessings. High blood pressure, stiff muscles, allergies – a lot of them suffer needlessly because they just cannot accept their lives as is.
- **The remedy helps people understand their place in reality, so they start to look at themselves as masters of their own destiny rather than victims of circumstances or fate. They become capable of distinguishing between others' mistakes and ill-intentions, thus able to forgive, get over somebody else’s mistake. They become capable of not taking everything so personally. They become able to constructively protect themselves from others' mistakes or ill intentions and are able to help others begin to treat them the way they want and need to be treated.**



# A note on despair

Bach flower remedies are available for all emotions. Despair and depression are the negative feeling that need to be controlled and taken care of to move forward in life. Grief is a positive emotion or feeling. It manifests when we lose someone very close. This breaking of attachment causes grief. This is a healthy feeling. We have gone through this. It has made us stronger. We have got over this phase in life. Depression and despair can be caused by grief or other factors. Negative destructive emotional states include depression, feelings of guilt, anxiety attacks and rage. They are destructive because their presence further complicates a situation or communication with a person. Mr. CRAB APPLE has this feeling of dirt in his system that has to be removed. It manifests as a strong feeling of correcting the physical world outside. Mr. ELM is a hard worker who has taken on himself to solve the problems of the world. He sometimes loses confidence on his capability. Mr. OAK is another very hardworking individual. He takes on more than he can chew. He does not lose confidence. He is just overwhelmed by the task he has taken on himself. Mr. ELM will bend he just requires some help to boost his confidence once in a while. Mr. OAK just breaks if he goes on. It needs to be made known to him that there are physical limits to the body.

Mr. LARCH is not confident about his capabilities. He has compared himself to others and found himself severely lacking in his mind. He is despondent and will not even try anything because of the lack of confidence. He has given up before starting. Mr. PINE has started the work. He also lacks confidence, in a way, but it manifests as a feeling of not good enough quality of work. He blames himself for the work not done to perfection.



## A note on despair

Mr. STAR OF BETHLEHEM is a normal person but he has been subjected to spike of overwhelming emotion that has left him numb to respond. He may have forgotten this and has problems that are caused by the effect of this spike. Mr. SWEET CHESTNUT has struggled in life and at a time of an intense need he has a strong feeling of disconnect with the Universe. He feels the guiding force of goodness has forsaken him in his time of need. It is a feeling of hopelessness that he has to get through. Mr. WILLOW also feels that the goodness has forsaken him but it is a continuous feeling for him. He is expecting too much from all and refusing to take the responsibility of the decisions and actions. He blames others.

Remedy	Symptom	Intensity
Crab Apple	Need to get rid of dirt. "I look disgusting."	Low to Extreme
Elm	Overwhelmed with work. "I'm no longer sure if I can do it."	Low to Medium
Larch	Lacks confidence. "I am not capable of doing that."	Low to High
Oak	Strong sense of duty. "Oh, there's no need to worry about me."	Low to Medium
Pine	Self blame. "It serves me right, it 's all my fault ..."	Low to Medium
Star of Bethlehem	Trauma. "After that event all my emotions have frozen."	Medium to Extreme
Sweet Chestnut	Sheer hopelessness. "In my life nothing is working any longer."	Medium to Extreme
Willow	Bitter grumbler. "If it wasn't for you, I would be happy now."	Low to High

# BEECH

Intolerant of others, Fault finding, Does not accept differences of other people, Irritable - BE MORE TOLERANT

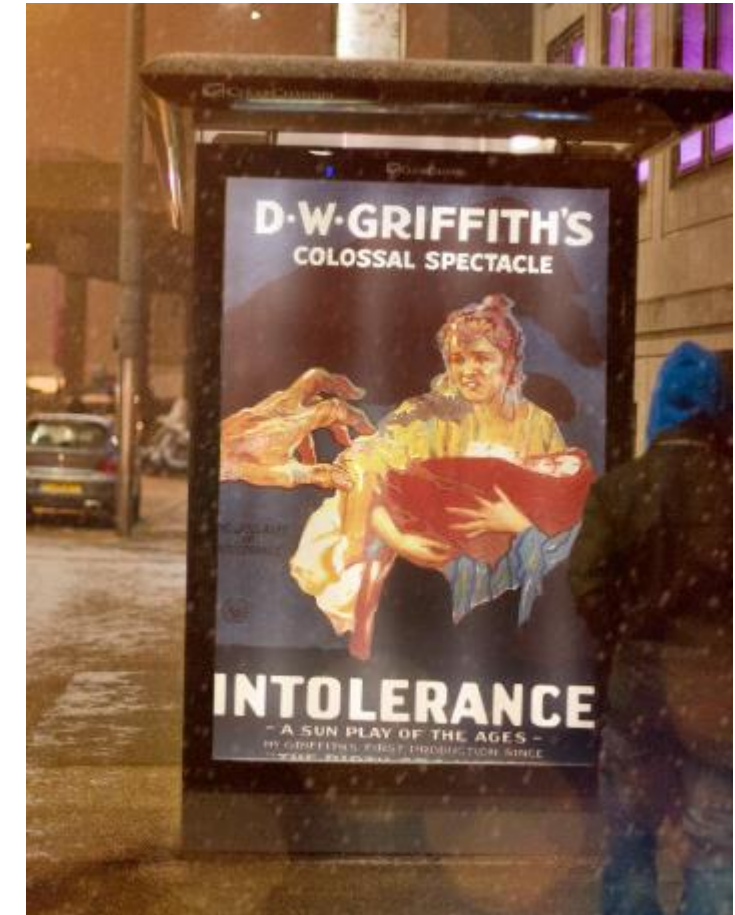
*For those who feel the need to see more good and beauty in all that surrounds them. And, although much appears to be wrong, to have the ability to see the good growing within. So as to be able to be more tolerant, lenient and understanding of the different way each individual and all things are working to their own final perfection.*

- The BEECH is the intolerance of others. The BEECH person has no understanding for the differences of other people. They lack the necessary understanding that other people chose different paths in the world and that they cannot walk the same path as the BEECH person. He has the central idea, that his path is the correct one and that there are no different paths leading to the same goal. At a deeper level, these people are actually afraid of being found inferior.
- It is a person who is rigid and intolerant. This leads to a sense of superiority in all his dealings with others and he is usually judgemental and condemning of anyone and everything around him. He just cannot tolerate anyone who does not quite fit in with what he believes is right. They are prone to perfectionism.
- BEECH person fails to see, that other people, even if they are different may be working to achieve the same goal as him. This state is sometimes manifested as a sudden outburst of irritability. The person needing this remedy is irritable, fault finding and intolerant of others. They find it hard to love as theirs is a controlling love, not accepting.
- The rigidity of his beliefs makes him a tense person who can never relax and enjoy life. This brings about ailments like high blood pressure and backaches. It also tends to make him a bit of a loner as sooner or later, people tend to avoid him. Never conscious of the beam in his eye, he is always on the lookout for the mote in others.
- His illnesses usually spring from his unyielding outlook and he will even interfere with his doctors.

# BEECH

Intolerant of others, Fault finding, Does not accept differences of other people, Irritable - BE MORE TOLERANT

- Without stopping to consider someone's reasons, they immediately lash out with venomous words. “Did you see her?! She looks horrible!”. A person in the negative BEECH state is rarely happy.
- BEECH is the typical character called “the critic”, somebody that pays attention to every minor detail of a situation in few seconds and is ready too point her finger, to correct, highlight the mistake. Constantly projected outward, BEECH, pours back her excessive critical sense on things, people and events. Intolerant, full of prejudices, this character focuses too much on details, judging and delivering judgements. Her major difficulty is to put herself into other people shoes, she does not understand that in order to grow and improve there are many different ways and choices people can make.
- She will closely look at how people are dressed, how they have combed their hair and is ready to provide advice and suggestions. This is someone that will correct verbs when talking. It is bad to have BEECH teachers in school. “Don't try to justify yourself. You are wrong.”
- **This remedy helps a negative BEECH person become capable of accepting others as they are and to find understanding for their diversity, without judgment and criticism. It helps them become capable of helping those they care about and to become better or nicer.**



# CHICORY

Overly possessive, Self-pity, Self-love, Over-full of care - LOVE UNCONDITIONALLY

*Those who are very mindful of the needs of others; they tend to be over-full of care for children, relatives, friends, always finding something that should be put right. They are continually correcting what they consider wrong, and enjoy doing so. They desire that those for whom they care should be near them.*

- The indications for this flower essence are represented perfectly by those who exhibit the Mother Hen syndrome the over-possessive, over-nurturing types female or male who tend to smother those they love, as well as want absolute control over their lives. They can also be martyrs but expect to be rewarded for any perceived sacrifice, and will be filled with self-pity if none comes. They are often heard to say, "And after all I've done for you, this is how you treat me!" The love they so generously give has invisible strings. They are possessive, self-centred, and demanding in their strong need for attention and appreciation, and are not above manipulation to get what they want.
- CHICORY can be described with a picture of a overly caring mother, who wants to keep the children close, overly protecting them from any harm with the tendency to correct any mistakes that the children make. This situation is naturally harming the children as they are not entrusted with any form of independence. The CHICORY parent can in this way bind his children to himself unable to release them even until they are adult.
- The love of CHICORY is not given unconditionally. There is a string attached. She always expects to receive the love from the people she cares about and feels hurt if this does not happen. The state when the CHICORY person does not receive the love she gives back, can lead into a feeling of self-pity. She is a very touchy person.
- CHICORY, positive represents the universal mother. The universal mother provides love just for the sake of love.
- The key word to recognize CHICORY is "emotional blackmail". I will give love but I want something in return.



# CHICORY

Overly possessive, Self-pity, Self-love, Over-full of care - LOVE UNCONDITIONALLY

- The CHICORY mother is a mother requiring affection, who fills up others needs to gain love and gratitude in exchange. She excessively commits to others and pretends they would live in accordance to what she believes correct, always finding something wrong to correct or replace, loving to feel irreplaceable. The mother, and she is a representation it can very well be the father or any person with this behaviour.
- The CHICORY suffers for love. She is frightened not to be loved.
- Many times he lists all that he has done for his relatives benefit in the past, as if presenting the bill. Leveraging on the sense of guilt is his specialty.
- CHICORY is also the father that committed all of his life to build a factory and pretends his son to inherit it gaining great benefits.
- All the attitudes shown by CHICORY, like manipulation and emotional blackmail, are unintentional and absolutely unpremeditated.
- **Taking the CHICORY essence in, she will understand that love means to give without expecting to get back. Only loving with no expectations allows to really get back and feel satisfied. It helps a person recognize when they have crossed the line. It helps them establish relationships with loved ones without suffocating them. It will support a CHICORY person's ability to love because they have enough of it to give, without expecting anything in return.**



# ROCK WATER

Inflexible, Adamant, Hard, Ascetic, Setting high standards, Black-or-white perception, Achievements, Rules - FLEXIBLE MIND

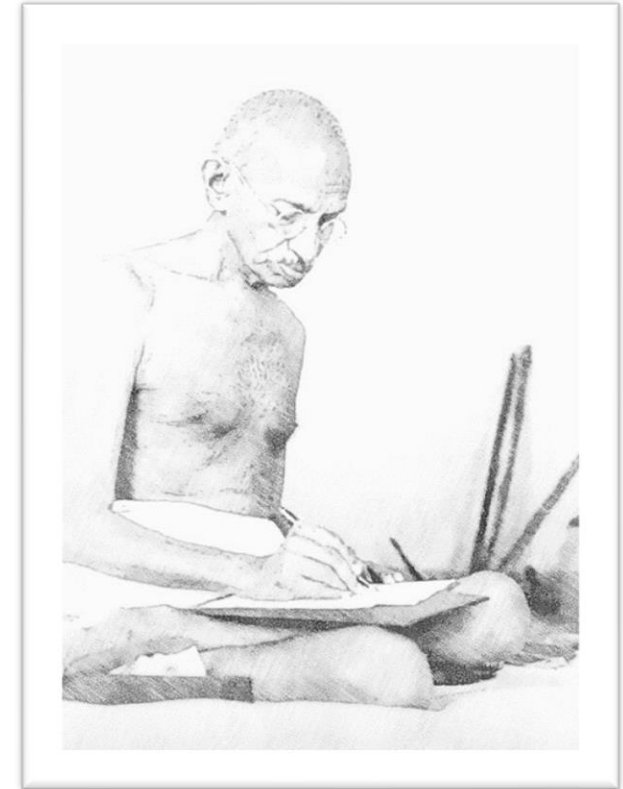
*Those who are very strict in their way of living; they deny themselves many of the joys and pleasures of life because they consider it might interfere with their work. They are hard masters to themselves. They wish to be well and strong and active, and will do anything which they believe will keep them so. They hope to be examples which will appeal to others who may then follow their ideas and be better as a result.*

- ROCK WATER is spring water and not a flower. It stands for adaptability and freedom but in its negative state, you just cannot find anyone who is more rigid. These people are fixed in their views and they like to feel that they are on a moral high ground, upholding ideals and principles that they believe are best.
- They are very understanding of other people when they make a mistake or are unsuccessful. These high standards apply only to them. If somebody around them does something carelessly or incorrectly, a ROCK WATER person will just do it instead of them, without criticizing or complaining.
- Interestingly, ROCK WATER individuals do not have a pronounced ambition to influence others. However, being systematic, precise and accurate by nature appeals to people around them and they desire to do or be like ROCK WATER individuals. So, ROCK WATER influences others unintentionally by example. We have heard these examples.
- He has a great self-discipline attitude, is a perfectionist of his living. He imposes fasts on himself, eats macrobiotic or vegan food with absolute rigidity. When he cannot achieve perfection, he gets very angry with himself and is prone to self-punishment.
- He expects everyone else in his life to also follow this strict lifestyle and this makes him very unpopular in relationships. A negative personality he might be rigid but he cannot live and let live – he wants the ones he loves to also toe the line.

# ROCK WATER

Inflexible, Adamant, Hard, Ascetic, Setting high standards, Black-or-white perception, Achievements, Rules - FLEXIBLE MIND

- They set high standards and principles for themselves, ready to voluntarily deprive themselves of life's many pleasures. Their standards and principles (what they have to do, but what they cannot allow themselves to do) are a far cry from reality and sometimes even from the present time. They do not deviate from their goals; they blindly continue regardless of life circumstances. Sometimes it borders on fanaticism. "I am a man of principle. I'm a perfectionist".
- Their beliefs very often carry them to areas where their health can be compromised. For example, they could be strict vegans and they could refuse to take medication that could contain animal products, like a gelatine capsule for example. Or he could be fasting for a religious cause and even if he were very weak, nothing would make him break it.
- These people have tremendous will power and they are always ethical and true to their beliefs. However, thanks to being too rigid in their way of thinking, they tend to be impractical very often.
- **ROCK WATER is useful for physically and mentally rigid people, who impose to themselves a strict and privation lifestyle and find very hard to express their emotions. The ROCK WATER remedy does not diminish the need for self-perfection, since it can be a positive trait, but it equalizes the extremes of this kind of behaviour and loosens the restraining and inhibiting behaviour.**



# VERVAIN

Willpower, Endurance, Enthusiasm, Positive, Fighter, Perfectionist, Persistence, Always going forward - RELAX & CALM

*Those with fixed principles and ideas, which they are confident are right, and which they very rarely change. They have a great wish to convert all around them to their own views of life. They are strong of will and have much courage when they are convinced of those things that they wish to teach. In illness they struggle on long after many would have given up their duties.*

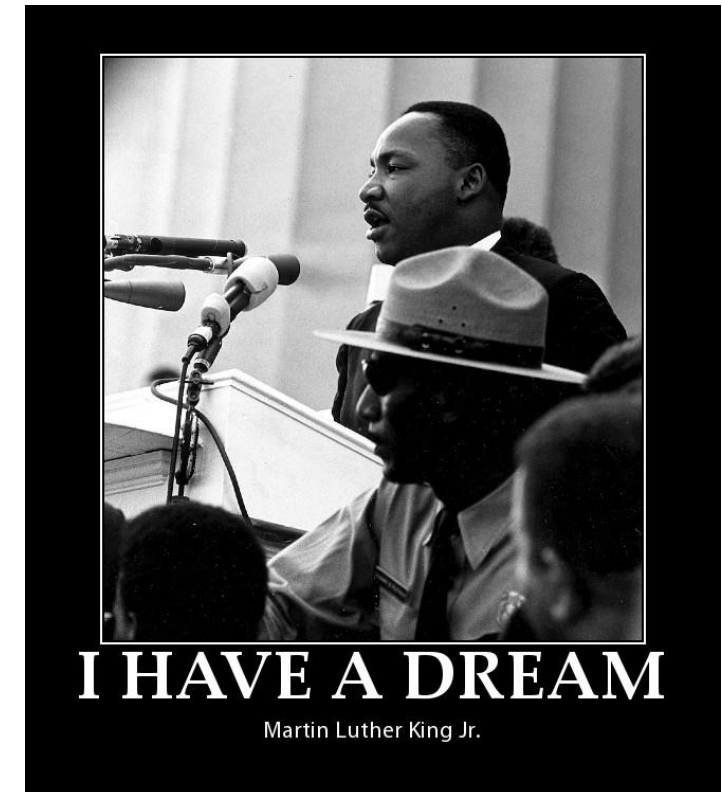
- The Bach flower remedy VERVAIN stands for restraint and in its positive state, it allows a person to use his energies to their optimum best. In the negative state however, it could mean utilising an excess of energy and it could lead to a lot of overstraining.
- The VERVAIN people are constantly on their feet, always wanting to be up and doing. They are so overenthusiastic about anything they have to do that they want everyone around them to join in as well and this does not go down well with the others.
- Emotionally, too, he tries too hard and believes firmly that what he is doing or feeling is best. However, too much of idealism and intensity does not augur too well for any relationship and the other person usually scurries away to escape from the heat of his emotions.
- These individuals become overly enthusiastic, caught up in their ideas or certain activities. They work beyond their capabilities; their lives are in constant fast forward modes, refusing to rest their minds or bodies. As a result of overwork and exhaustion, they become tense, full of plans, thoughts, which easily leads to insomnia. Living this way they risk impairing their health.
- “I got so caught up with the idea to do this-and-that, that I didn't stop until it was finished. I didn't eat or sleep until it was done.”



# VERVAIN

Willpower, Endurance, Enthusiasm, Positive, Fighter, Perfectionist, Persistence, Always going forward - RELAX & CALM

- Typical ideas they get swept up in are peace, justice and everyone's wellbeing. They are extremely sensitive to the existence of injustice in the world, illnesses and suffering. Out of purely selfless reasons they are very likely to "swim against the tide" or "right wrongs"! It is always for the greater good.
- The problem usually surfaces after a genuine intellectual engagement that has lasted for days, if not more. The mind does not seem to know how to shut down after that. VERVAIN will be useful for this type of insomnia.
- These are people that are caught up by excessive enthusiasm for the things they believe in, often looking as maniacs to those listening to them. They are great speakers, teachers, have charisma and are deft drivers. They have preconceived ideas and feel they have to disclose what they believe in, it is a mission for them.
- "Do you know what I am doing?"; "I will explain to you what I got"; "I know what is the right thing for you"; "Why don't you come too?" "Why don't you try it as well?"
- With VERVAIN, he tends to temper his enthusiasm with practical thinking. VERVAIN helps him see the larger picture and he becomes aware that what others think is also important and has its place in the scheme of things. He begins to ease off from trying to push his ideas down everyone's throats.



# VINE

Confident, Persuasive, Tyrannical, Self-assured - MOTIVATE NOT DOMINATE

*Very capable people, certain of their own ability, confident of success. Being so assured, they think that it would be for the benefit of others if they could be persuaded to do things as they themselves do, or as they are certain is right. Even in illness they will direct their attendants. They may be of great value in emergency.*

- The VINE is a very capable person that is confident of his skills, ability and knowledge. He is certain that he is right and he feels that other people should be persuaded by him to follow his goals, because these goals are the correct ones. In the positive state, this kind of people are very valuable in the crisis situations, because they have a clear idea about what should be done and they will guide others from the uncertainty.
- In the negative state, the VINE tends to be very stubborn, overly self-confident and he forces other to do exactly as he commands. He may even use force to persuade them to what he wants. He tends to be tyrannical and he suppresses all opposition with all means necessary. This trend manifests in the times of sickness also. Although the VINE person may have no knowledge of the medical procedures, he will command the hospital personnel and he will direct them as he sees fit.
- "I am in the position of authority and control here. We do it my way and there is no room for discussion." This dictatorial statement could have easily been made by a VINE out of balance.
- VINE is a very skilled person, sure of himself and of his skills. For this reason he has a tendency to "lead" people close to him, suggesting how should they do the things in the most correct manner. Often VINE is a social climber ready to do everything in order to get what he wants. If he needs to walk over someone or exploit him in order to achieve his goals, he won't think twice, without scruple. Leadership and Lordship qualities are mingled.

# VINE

Confident, Persuasive, Tyrannical, Self-assured - MOTIVATE NOT DOMINATE

- He is the very harsh employer that does not tolerate mistakes, that gets angry when things do not go well and insults his employees. His slogan is: "better impose than propose". "I will let you know how to do that"; "you must act like this". He throws himself on food just like on people, loves raw meat and spicy food.
- VINE is not someone that looks for help from Bach Flowers, but at times it happens that, thinking again to the situations that had created around him, would end up seeing enemies everywhere and won't sleep at night because overwhelmed by thoughts about someone that hates his guts and may rebel against him. It may happen then that he will ask for help due to insomnia and hypertension issues.
- Being so capable and resourceful they naturally attract others around them. Others willingly follow and listen to them. However, when they fall out of balance, their domineering nature becomes a goal in itself and a VINE person turns ruthless, obsessed with the desire to dominate and to force others to do as they dictate.
- **VINE frees him of these mental delusions and helps his mind see how things really are. It tempers his leadership qualities with graciousness, making him a truly great leader. This remedy brings a person into a positive VINE balance, while maintaining their ambitions and skills.**



# A note on over care

The remedies listed in the sections had examples of great people whom we have studied in our history books. They all exhibited care for the people, nation and other than themselves. Why do they require these remedies? As a positive vibration they are capable of great things but the negative shadows are harmful to others or to themselves. Mr. BEECH as a negative makes a bad teacher in school. Highly intolerant of the students “mistakes” – something he has laid down. Mr. CHICORY has the “Mother Hen” syndrome. He is taking care of his loved ones but his negativity wants something in return. Mr. ROCK WATER has lead the nation but he has spoilt his health and is intolerant to his own mistakes – punishing himself with stricter goals. Mr. VERVAIN in his enthusiasm has done great things for the people but his negativity does not realise that there are other factors or people who may not be amenable to his ideas. Mr. VINE is a dictator whose negativity has urged his followers to commit crimes which for him seemed the right thing to do for the betterment of a few superior ones.

Remedy	Symptom	Intensity
Beech	Intolerant. “Don't try to justify yourself. You are wrong.”	Low to High
Chicory	Mother hen. “I will give love but I want something in return.”	Low to Medium
Rock Water	Adamant, Hard, Ascetic. “I am a man of principle. I’m a perfectionist.”	Low to High
Vervain	Enthusiasm, Positive, Fighter. “I didn't eat or sleep until it was done.”	Low to High
Vine	Tyrannical. “You must act like this.”	Low to High



# Our notes on remedies – they sound the same!

We started finding it difficult to differentiate the remedies. Some of them do have a subtle difference. Reading the books and searching the internet we could gather many differences that have been highlighted and explained in many places. We present it here.

- Ms. AGRIMONY talks about herself in a round about manner, however Ms. ROCK WATER expresses herself too directly and too briefly. She finds it hard to converse.
- Ms. AGRIMONY wears a happy mask to hide her pain and suffering, whereas Ms. OAK is prone to hiding her mental, emotional and physical worries by burying herself in other distracting pursuits.
- Ms. AGRIMONY always tries to conceal her problems and never inflict them on other people. Ms. HEATHER is looking for people to let them know her problems.
- Mr. ASPEN gets up in the night frightened with sweat and feeling panic, but he won't be able to say what he was afraid of. It was a deep feeling in his heart and stomach. Mr. MIMULUS has a fear of known things, fear of spiders, heights, fear of small spaces, fear of crowds. It is something he can point out and put his finger on. Mr. ROCK ROSE has a spike of panic which he cannot control. Its intensity is very extreme and needs immediate attention. Mr. LARCH has the fear of failure which translates to low esteem. Mr. STAR OF BETHLEHEM freezes with fear and terror!
- Ms. BEECH forgives herself, but not others. Ms. ROCK WATER does not forgive herself, but always has understanding for others whereas Ms. VINE forgives neither herself nor others.

## Our notes on remedies – they sound the same!

- Mr. CERATO mistrusts his own ideas and decisions and he actively seeks helps from the outside. He is uncertain about whether he is correct or not and he trusts outside influences more than himself. His own confidence and self-esteem is missing. Mr. WALNUT does not seek an outside influence, since he is convinced that his ideas are correct, but he may get influenced by others. Mr. SCLERANTHUS cannot make up his mind between two choices, but he will eventually work out the decision for himself without asking the advice of others, unless of course it concerns a matter which calls for a qualified opinion.
- Mr. CERATO has a mind of his own and thus differs from Mr. CENTAURY who is weak and thus easily persuaded. Also, unlike Mr. LARCH he has sufficient confidence in himself to stick by his decision once he has arrived at it.
- Mr. CERATO may not lack in confidence to play his roles in life, whereas Mr. LARCH is inhibited and hesitant. He has the ability or talent required, but the feeling of inferiority holds him back. Mr. LARCH is for low self-confidence but Mr. CERATO is primarily for low-confidence in his own judgement.
- Ms. CHERRY PLUM feels overwhelmed internally (feels has no control). Ms. ELM may feel overwhelmed, but she has the undertone of burden, anxiety, internal exhaustion, inadequacy, intimidation by the work at hand. There is a feeling of psychic powerlessness. Ms. LARCH feels overwhelmed, but it is not due to weakness or overexertion but due to lack of self-esteem and confidence. Ms. OLIVE feels overwhelmed due to lack of energy.
- Ms. CHESTNUT BUD tries to forget the past, and there she is wholly unlike Ms. HONEYSUCKLE who tries so hard to remember it!

## Our notes on remedies – they sound the same!

- Ms. WHITE CHESTNUT and Ms. CHESTNUT BUD are sisters in a way though distant. Ms. CHESTNUT BUD is unable to learn from her mistakes and literally “walks in circles”. This can take also the form of repeating ideas and of repeatedly thinking about the past events and about their failures or the circling of Ms. WHITE CHESTNUT.
- Ms. CHICORY is selfish and possessive in her concern for her loved ones and may even wish harm to those whom she detests. She also remains totally unconcerned if the danger pertains to someone in whom she has little or no interest. Ms. RED CHESTNUT has no self-interest in her concern and worry for others. Though she transmits anxiety and hopelessness to the afflicted person, which makes her recovery difficult, she does so out of ignorance of the energetic repercussions of her beingness and with no intention to hurt or harm the individual.
- Ms. CHICORY does not dominate people as brashly as Ms. VINE but she surely does so in a very diplomatic way.
- Ms. CHICORY and Ms. HEATHER have one aspect in common, that of wanting to seek attention. But while Ms. CHICORY craves for attention per se, Ms. HEATHER wishes for attention, through being listened to sympathetically, and with smothering-like caring.
- Ms. HOLLY feels anger jealousy and has negative feelings for others. The anger of Ms. IMPATIENS has the roots (as the name of the remedy indicates) in the impatience. The cause of anger in Ms. VERVAIN is the feeling of injustice and the Ms. CHICORY’s anger is caused by feeling that other people have hurt her by their ingratitude.
- Ms. BEECH, is critical; Ms. VINE, commands and dominates; Ms. VERVAIN, persuades; Ms. CHICORY, cares and controls possessively ; Ms. ROCK WATER is slave to her own iron-clad decision and simply adheres to rules, feeling inspired to teach others the way of perfection through denial of pleasurable pursuits.

## Our notes on remedies – they sound the same!

- All the remedies in this group represent an individual's reaction to a situation wherein he has lost interest: Mr. CLEMATIS, by choosing dreams to hard realities; Mr. HONEYSUCKLE, by withdrawing into the past; Mr. WILD ROSE, by embracing apathy; Mr. WHITE CHESTNUT by developing a deluge of thoughts; Mr. MUSTARD by taking refuge in constant oscillations and Mr. CHESTNUT BUD, by developing inner restlessness. Mr. OLIVE opts to pull down the shutters, saying "Sorry, just no energy reserves to handle the situation."
- Mr. CLEMATIS uses his thoughts to escape from the world, while Mr. WHITE CHESTNUT would give anything to escape from his thoughts into the world.
- Mr. CLEMATIS is mainly concerned about thinking in the future for pleasurable thoughts and day-dreaming, which he uses to escape the harsh realities of the present; Mr. HONEYSUCKLE, likewise, escapes into the past, but into a world of experience, whether pleasurable or otherwise. Both these have one thing in common: willingness of one who is experiencing it. In Mr. WHITE CHESTNUT case however the thoughts, may be useless, annoying to the person thinking them and quite compulsive, that is, happening without his conscious control.
- Ms. CRAB APPLE generally has misplaced priorities while narrating her problems to the doctor, giving importance to the least important and also being emotional about it...Ms. OAK will approach a doctor only when in dire need and narrate her problems in a neat, controlled and stoical manner.
- GENTIAN is often confused with GORSE; both are remedies for feeling down when things go wrong. The difference is largely one of degree they exhibit. Another remedy which exhibits similar behaviour is SWEET CHESTNUT.



## Our notes on remedies – they sound the same!

- Ms. GENTIAN gets easily discouraged, loses hope very quickly, and does not believe in getting external help. She is less pessimistic and more prepared to try again. She is downhearted when something has gone wrong, but she will soon pick up and will continue to struggle. Her form is milder discouragement. Ms. GORSE lacks hope and courage, gives up yet waits for external help, regardless. She has decided to give up. She refuses to be encouraged, and even if she seeks a solution she will do so grudgingly, assuring everyone that there is no use trying. Her form is more severe hopelessness and she is unwilling to accept that there are solutions for her situation, even though the solutions present themselves readily. She feels dejection and hopelessness.
- Now Ms. SWEET CHESTNUT in comparison feels immense external despair, does not see a way out... and while feeling helpless and forlorn, she knows not what to do. She is confused and tormented. There are no solutions left for her and the only possible reaction is despair. For her it is really the end of the line. She feels despair and anguish more intense and critical than the dejection of the Ms. GORSE.
- Ms. WILD ROSE feels deep resignation, is faithless, having already given up expecting anything from life. Ms. LARCH's mental state implies that she never had confidence, that she never relied on her capabilities, setting her apart from a Ms. GENTIAN whose problems with obstacles occur after experiencing failure.
- Ms. ELM and Ms. GENTIAN share similar feeling of despondency. Ms. GENTIAN is thinking about giving up because she is not sure she can do it. Ms. ELM does not think about giving up even though she is not sure she can do it.
- Mr. GORSE easily loses hope, whereas Mr. OAK never gives up hope. He has this egoistic kink in him that if other's can't do it, he surely can by himself.

## Our notes on remedies – they sound the same!

- Mr. HEATHER is a great advertiser of his ill-health and problems, looking out for sympathy, attention and approval. Mr. OAK is prone to hiding his tiredness and ill-health, and even engage in strenuous work merely to conceal it.
- Mr. HEATHER fears loneliness and craves for sympathy and attention from people around him by feeding them with stories about his sorry state of affairs, largely poor health conditions. Mr. IMPATIENCE prefers loneliness because he just cannot stand the slow and tardy working styles of others around him. He loses his cool and shouts when things do not happen as he intended. He always insists that everything gets completed in double-quick time and is quite unlike Mr. WATER VIOLET, who is tolerant and non-interfering, even when he does not fully approve of certain plans or people.
- The difference between the Ms. HOLLY and Ms. WILLOW is in the quality of emotions of they exhibit. Ms. HOLLY feels hatred and suspicion that are very intense. Ms. WILLOW does not feel hatred towards others. It's only that her "modus operandi" is very critical towards everything. In other words we can say that Ms. HOLLY is very negative-thinking while Ms. WILLOW is a very critical-thinking.
- Mr. OLIVE as well as Mr. HORNBEAM feel exhaustion. Yet the exhaustion of Mr. OLIVE is a physical kind of exhaustion. This does not mean that he would not have the mental weariness from too much mental work. His exhaustion is caused by too much work, which means, that his physical body is exhausted and needs resting. The causes are not the exhaustion of the body, but the soul is exhausted by the incorrect lifestyle. Mr. HORNBEAM lives his everyday life (watching TV too often etc). His exhaustion disappears once he has started to work and the feeling of weariness vanish. This is like the old Jeeps which had a handle to start and then used to run well.

## Our notes on remedies – they sound the same!

- Mr. IMPATIENS and Mr. OAK both are workaholics, but with a difference. Mr. IMPATIENS drowns himself in work but is always ‘rushed’ to complete the task on hand and take up another. Mr. OAK, on the other hand, is more meticulous and less in hurry to complete. However, both have one common ground: low priority towards recreation, socializing and family requirements.
- Ms. LARCH and Ms. ELM have self doubts. Ms. ELM takes up the work willingly and only after a period of time, the self-doubts begins to occupy her mind. Ms. LARCH is convinced from the beginning, that she will fail and she tends not to try the tasks in the first place.
- Ms. MUSTARD and Ms. AGRIMONY have similar tendency towards great depression. Ms. AGRIMONY is the sad clown, and hides her unhappiness under a mask of joy and good spirits. Ms. MUSTARD has no power to cover-up her sadness and the outside world is aware of her terrible situation. Her depression is also sudden and she is not aware of any causative factors.
- Both Mr. RED CHESTNUT and Mr. OAK over-work their nervous system and suffer from frayed nerves and exhaustion, either physical or mental. The anxiety of Mr. RED CHESTNUT harms him, physically, in the same manner by which OAK harms himself though through tenacious, hard work.
- Unlike Ms. VERVAIN, who has a great desire to work and enjoy multi-tasking to complete the work assigned, Ms. OAK prefers to complete the one task on hand to her satisfaction, before taking up another assignment. Hence she has a “tunnel vision” compared to the “wide-angle” vision of Ms. VERVAIN. Ms. VERVAIN lives on her nerves and is generally “high strung” whereas Ms. OAK has a strong will power and can stand great amount of stress and strain.

## Our notes on remedies – they sound the same!

- The main difference between Ms. WILD OAT and Ms. SCLERANTHUS is that while Ms. SCLERANTHUS stays undecided, due to mental oscillation “Shall I or shall I not?”, Ms. WILD OAT does so because she has far too many ideas, is very ambitious, and yet is indefinite and reaches no decision at all. They remain unfulfilled and dissatisfied.
- The difference between Mr. VERVAIN and the Mr. VINE is that while Mr. VERVAIN persuades others to follow his way by means of example and with his enthusiastic energy, Mr. VINE is not interested in setting an example at all. He will force others to do as he commands without any thoughts whether it is right or not.
- Mr. VERVAIN works hard because he is carried away by the good idea and by high expectations of the results his idea will bring. Mr. OAK works that hard because he can. He performs his duties because of a very strong sense of duty that does not allow him to rest or to stop. Mr. OAK lacks the enthusiasm of the Mr. VERVAIN. Mr. OAK must finish the work at all costs because he has a sense of duty. Mr. VERVAIN wants to finish the work due to his motivation of his own need to accomplish the task. Now Mr. CENTAURY also works that hard but it is because he likes doing things for others and fulfilling their expectations.
- Ms. WILD OAT, keeps changing her jobs or assignments, roaming around in search of more deeply satisfying work. Ms. OAK looks around for more challenging assignments. While Ms. WILD OAT has joylessness at the core of her personality, Ms. OAK has despondency and despair.
- Ms. WILLOW has bitterness and blame directed towards the others, never towards herself. She feels resentful and bitter and, in certain delusional disorders, even towards all relatives and the society in general. Ms. PINE has blame or reproach squarely on herself.



## Our notes on remedies – they sound the same!

- Ms. MUSTARD is discouraged and depressed due to unknown reasons, Ms. GENTIAN has discouragement and depression for known reasons. Both of them will try and improve but Ms. WILD ROSE is depressed and does not want to improve.
- Mr. CHICORY's keyword is possessiveness, Mr. VERVAIN is enthusiastic agreement and Mr. VINE hands on dictatorship.
- Ms. BEECH always finds excuses for herself, her failure, her tardiness, her uncombed hair. Ms. VINE actually is superior and she cannot even tolerate her own inadequacy.
- Ms. HOLLY expresses her anger vocally and physically, Ms. WILLOW keeps it inside slowly burning. Ms. IMPATIENS expresses herself in a spike of anger or irritation. It goes off easily.
- Mr. PINE feels guilty of most of the things, Mr. CRAB APPLE feels bad about the object. For Mr. PINE it is internal and self, Mr. CRAB APPLE externalises the feeling "This blemish is bad." It can be cleaned.
- Ms. AGRIMONY buries her negative feelings and unhappy thoughts. Ms. CHERRY PLUM is unhappy with the negative thoughts and still unhappier that she is feeling them.
- Ms. CHERRY PLUM is afraid of what she might do going out of control, Ms. WHITE CHESTNUT is afraid of what she has or has not done. She replays it mentally.
- Mr. ROCK WATER is habitually right, Mr. CHESTNUT BUD is habitually wrong making the mistakes again and again.



## Mixing Remedies

# Our notes on combining remedies

We have detailed out emotions and feelings that can be treated by the individual remedies. We have seen the negative and positive of the 38 remedies. The human emotions are however very complex and we can have many contradicting emotions at once. We can be feeling guilty of leaving behind friends but happy that we have achieved something in life. We could be happy that we have a new job but we have the fear of new places, letting go of the previous job and a lack of confidence to tackle the new responsibilities. When we started analysing ourselves we realised that we could be happy by taking as many as 4 remedies together. We found good books on combining remedies and we would encourage you to take the original to study the Bach Remedies in the next level. We present here a few combinations which would help to start the day so to say. We describe the rescue remedy that was designed by Dr Bach.

**RESCUE REMEDY** – This is a combination of the following 5 remedies together. It is a must in every house as an emergency measure

- Star of Bethlehem – for shock and disbelief, when we cannot believe what has happened
- Rock Rose – for shock when we feel terror and panic
- Clematis – for dizziness, confusion, unconsciousness
- Impatiens – for excessive restlessness, tension and impatience
- Cherry Plum – for loss of self-control and hysterical behaviour

Rescue Remedy is highly effective and always brings instant relief in cases of extreme stress when a person is close to the edge. This is the only Bach Flower Essence that has an immediate reaction time, with its effects felt usually within 15 to 20 minutes.

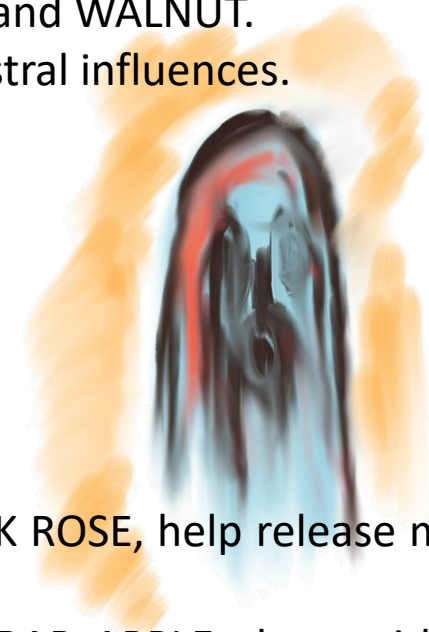
# Our notes on combining remedies

- Homemakers who tire out after a long work at home and kitchen – when the tedium kills the zest for life and the routine develops an apathy and disinterest in the household work OLIVE and CENTAURY can reinstate them on the joyous path.
- When a person, or you yourself are not aware of what lies buried in your unconscious mind a combination of HOLLY, along with WILD OAT, can be used to allow a person to open up.
- People who live a monotonous life like, the clerical cadres in offices, the fitness trainers, gym and yoga instructors, teachers, coal miners and all other such professions they can get help by taking OLIVE along with CHERRY PLUM and OAK for excellent results.
- Vertigo can be tackled with a combination of CLEMATIS, SCLERANTHUS and WHITE CHESTNUT.
- If you want to make your job easier take a combination of ELM, OAK, HORNBEAM, and IMPATIENS.
- If you find it difficult to switch off after a long day in office try a combination of VERVAIN, WHITE CHESTNUT and HORNBEAM.
- If you find yourself skipping deadline in office and find it difficult to cope try a combination of SCLERANTHUS, IMPATIENS, HORNBEAM and RESCUE REMEDY.
- If you find yourself entrenched in office work and don't find an inclination for social life try a combination of VERVAIN, WILD ROSE, ROCK WATER.
- If you find yourself given extra work in office and find it difficult to reach home early try a combination of CHICORY, CENTAURY, VERVAIN and WILLOW.



# Our notes on combining remedies

- Use this combination as a tonic for energy – CENTAURY, WALNUT, OLIVE, WILD ROSE and HORNBEAM.
- When you are thinking of your dear ones and this is increasing your stress levels try a combination of WALNUT and RED CHESTNUT.
- If you find yourself searching for a new job try a combination of MIMULUS, GENTIAN and WALNUT.
- CENTAURY together with WALNUT is an excellent combination to ward off external, astral influences.
- CHERRY PLUM is an important combination-remedy when prescribed along with
  - CRAB APPLE for obsessive compulsive disorders
  - AGRIMONY for compulsion to smile, despite pain and suffering
  - BEECH for compulsive streak to criticize, advice or lecture people
  - ASPEN for paranoia
  - CERATO for compulsive questioning and a relentless desire to seek answers
  - WHITE CHESTNUT for repetitive thought patterns of disturbing content.
- In manic and catatonic states, VERVAIN together CHERRY PLUM, IMPATIENS and ROCK ROSE, help release mental and emotional tension and allows tightened muscles to relax.
- Women who have been abused, sometime in their past, almost as a rule need CRAB APPLE along with STAR OF BETHLEHEM.
- For Obsessive Compulsive Behaviour (OCD), CRAB APPLE, CHERRY PLUM, WHITE CHESTNUT and PINE.
- For Anorexia, vomiting and nausea and, Bulimia a combination of CRAB APPLE with WILLOW will help.

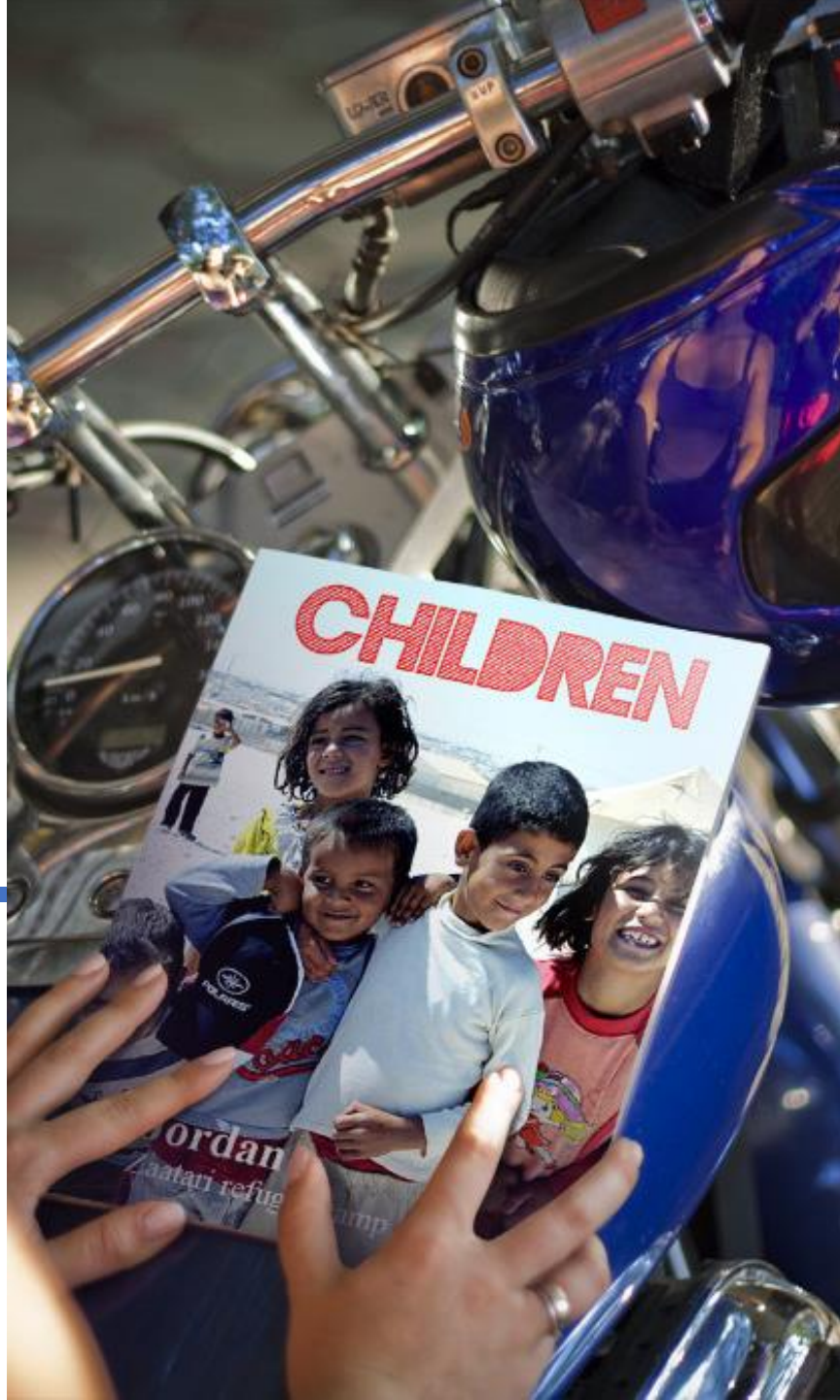


# Our notes on combining remedies

- If you are buying a flat (or anything crucial and costly) try the combination WALNUT, CHERRY PLUM, to avoid decisions being taken emotionally and, with IMPATIENS, to avoid them being taken in haste.
- If you have Jet Lag try a combination of RESCUE REMEDY, OLIVE, WALNUT, IMPATIENS, WHITE CHESTNUT.
- Stuttering can be helped by taking IMPATIENS, LARCH and MIMULUS.
- If you have weight problems try a combination of CHERRY PLUM, CHESTNUT BUD, CRAB APPLE, GENTIAN and IMPATIENS.
- Extreme anger, hate and resentment try a combination of CHERRY PLUM, HOLLY, WILLOW, HEATHER and BEECH.
- If you have problems sleeping try the following combination IMPATIENS, VERVAIN, WHITE CHESTNUT, CLEMATIS and STAR OF BETHLEHEM.
- This combination helps discomfort during labour and delivery – ASPEN, CHICORY, ELM, IMPATIENS and MIMULUS.
- Fear during cancer, a combination of these will help make the mind tuned to accept treatments CHERRY PLUM, ROCK ROSE and WHITE CHESTNUT.
- In case of drug abuse a combination of AGRIMONY, CLEMATIS and STAR OF BETHLEHEM can help.
- In the event of Flu a combination of CLEMATIS, CRAB APPLE, OLIVE and WALNUT.
- In the event of heart attack – RESCUE REMEDY, ELM, HOLLY and WILLOW.
- Hot flushes during Menopause can be treated with a combination of CHERRY PLUM, IMPATIENS, ROCK ROSE and WALNUT.
- During puberty a combination of AGRIMONY, LARCH, PINE, WALNUT and WATER VIOLET will help.

# Our notes on combining remedies

- Increase your creativity by removing the hinderances to your creative self by taking PINE, ROCK WATER, AGRIMONY, CHESTNUT BUD, LARCH and HOLLY.
- Constipation can be helped by a combination of SCLERANTHUS, WALNUT and WHITE CHESTNUT as a base remedy. Additional remedies may be added if required based on the individual. ROCK ROSE can be used for individuals who fear sphincter closing, CRAB APPLE for people who feel a disgust.
- Impotence can be helped by a basic combination of WHITE CHESTNUT, LARCH and MIMULUS. PINE and CRAB APPLE can be added if the individual feels physically dirty. STAR OF BETHLEHEM if someone is dealing with a painful episode in the past. OLIVE if one is tired and WILD ROSE if someone is joyless.
- To cure dependencies a combination of AGRIMONY, CHESTNUT BUD, CENTAURY, CHICORY, WALNUT, CRAB APPLE, and CHERRY PLUM can help.
- To detox your body a combination of AGRIMONY, ROCK WATER, ELM, OLIVE, CRAB APPLE, and VERVAIN can help.
- For Libido try a combination of CRAB APPLE, GENTIAN, HORNBEAM, IMPATIENS, LARCH, and PINE.
- For dandruff a combination of WHITE CHESTNUT, CRAB APPLE and WALNUT can help.
- Severe tooth ache can be helped by WHITE CHESTNUT, MIMULUS and CHERRY PLUM.
- For Varicose Veins a combination of WHITE CHESTNUT, CRAB APPLE, IMPATIENS and MIMULUS helps.
- Corona Virus times – analyse your emotions and take Bach remedies as required. If you are scared of infections look at fear, if you feel despair look at that section. It is important that you treat your emotions during this time. **Always consult the doctors and health care workers if you are tested positive**. We took RED CHESTNUT - worrying for kids.



For Children



# Our notes on Bach remedies for kids

**Disclaimer: We would like to put a disclaimer here that this is our notes taken from books and internet information and you are urged to take professional help when you consider the following material for children.**

Bach remedies is perfectly safe for children without any side effects. It can be given through the mother to the infants. We have given homeopathy medicines to our children, even when they were less than a year old. They are adults today and take homeopathy for their problems. This is very similar to it.

Children are not able to articulate their feelings. Younger ones will not be able to articulate even pain and will just cry. It is the parents job to figure out what could be wrong. Emotions are still difficult to handle. It is only with the observations and talking to teachers and friends that we can figure out what could be wrong. Our daughter used to get up in the night crying. It took us some time to find out what was wrong. Parents need to be alert and validate the behaviour with the symptoms they show when alone and when in group. You can see that the child is feeling down when some relative has visited and gone back. The child is afraid of insects and dogs. The child may be bedwetting and feeling bad about it. The child may be feeling jealous of the new baby that as come into the family.

The Bach Flower Remedies affect the child in a holistic way, not by targeting the physical symptoms as in conventional medicine. They help the child to feel better emotionally. We present some of the remedies and their combinations that can be used for children problems.

# Our notes on Bach remedies for kids

- AGRIMONY – This is the happy faced sad joker. The child may be feeling very happy with the children when playing outside and would come home and sit in a corner drawing something. She may not display the unhappiness and would even be crying. She may be displacing the problem by keeping herself busy with some other distraction.
- ASPEN – This the fear they feel and want the lights to be kept on. Our kids used to ask us to put the curtains properly so that they don't see the street lights through the chinks and see things in the balcony. ASPEN before bedtime will help the child. Explain to the child that this will protect them. I remember getting a dream catcher during my visit to US. I did not know what it was. We used to hang it in the kids room to catch the bad dreams. They believed in it.
- BEECH – This is for the child who is very critical of others and intolerant. He is very quick to judge. "He is a bad boy. I will not be his friend." The reason would be very silly. You need to see if it is against that single boy or it is more towards others too. The remedy needs be given if it is a generic attitude.
- CENTAURY – This is an important remedy for the child. She needs to be able to say no to her friends, teachers and relatives to avoid exploitation. It needs to be explained to child that some things need to be "No – No". If the child finds it difficult to do that as she is very docile this remedy will help. I found our kid waiting holding her teacher's bag – all kids had gone home.
- CERATO – This is the child who is constantly asking for help. We have one in our house. From the border lines on the worksheet to the set of answers required a confirmation from the mother. "Okay na ..." was a constant word. CERATO helps the child to become more self-assured.



Dreamcatcher

# Our notes on Bach remedies for kids

- CHERRY PLUM - The child who loses his temper suddenly or suffers from uncontrollable tantrums. I travelled with a child once. It was a real nuisance throughout the flight and the duration was about 12 hours. He was constantly giving problems to his mother. He was banging his head on the aircraft seat and crying for some thing or the other. CHERRY PLUM will help soothe the nerves and provide a balance and self control.
- CHESTNUT BUD – This can help the child who is making the same mistakes again and again. Putting the shoes on the wrong feet, writing the letter B in the opposite direction, making similar mistakes in maths. It can get the teacher frustrated and she will complain during the parent teacher meeting. This remedy will help in these cases and provide a longer attention span.
- CHICORY – This is for the child who requires undivided attention. “Mummy .. Mummy” she will be turning your face when you are talking to her father. She will cry if you are on phone for long and have not attended to her. She is possessive and demanding and doesn’t like sharing. CHICORY can help the child to feel better about herself.
- CLEMATIS – This is for the child who is daydreaming. He sits in a corner drawing or doodling. He stumbles and walks into the chair on the way. He pays little attention in class. Teachers may be moving him from the window to the other side of the class. CLEMATIS can help the child to live more ‘in the moment’.
- CRAB APPLE – This is for the child who feels bad about the spots on the dress, pimples on the face, smelly feet. This will help during growing up when there are hormonal changes. He may be looking at the mirror complaining of dandruff. This remedy can help him to accept himself the way he is.

# Our notes on Bach remedies for kids

- ELM – This is for child who just feels overwhelmed. Perhaps she bit off more than she could chew or is burdened with too much work, e.g. around exam time. “Mummy there is too much homework, I have to submit the assignment and then teacher wants me to talk at the assembly tomorrow.” ELM can help in such situations providing her the strength and confidence to tackle whatever lies ahead.
- GENTIAN - The child who is easily discouraged and does not want to go to school anymore because of a disappointing exam result. The child embarks upon something with enthusiasm, but gives up easily if he doesn't succeed. He gives the mock tests for the IIT/JEE (in India) and then gives up the effort wasting the tuition fees paid by the enthusiastic parents because he scored less in that test. The remedy can help the child to regain his courage to deal with setbacks or difficulties.
- GORSE – This is for the child who has given up all hope after a long illness. She has tried for a loan getting all sorts of forms signed and then finds that the amount is not sufficient to take up the subject she wanted in college. She can't 'see the light at the end of the tunnel' and has given up. This remedy can help her be more optimistic. It will help her look for other opportunities.
- HEATHER – This is for the child who is showing off. He is preoccupied with himself and shows no interest in others. He is making up tall tales and wants others to listen to him and appreciate. HEATHER can help restore a feeling of happiness and increase awareness and understanding of others. This reminds me of the character in Enid Blyton's book called Fatty by his friends. He would be always praising himself and what he did in school and how he was appreciated by his teachers.



# Our notes on Bach remedies for kids

- HOLLY – This is for jealousy. This is often exhibited by children. They may vent this feeling teasing and forming a separate group. This remedy also helps the child who is jealous of the new baby. This remedy can help the child to feel happier about himself and friendlier towards other children.
- HONEYSUCKLE – This is for the child who is homesick. The child misses his old friends and wants to go back to the old school or old locality after a shift in house and place. Parents with transferable jobs whose children exhibit this can have this remedy at home. Children having problems adjusting to the hostel life can benefit from this remedy. This remedy can help the child to let go of his past and live happily in the present.
- HORNBEAM – This is for the child who does not want to get up in the morning to go to school. He feels lethargic and takes time doing the daily routines. He finds excuses and asks parents to check if he has temperature or complains of stomach upsets. The could be due to fear too. This needs to be ascertained by talking to the child. He can't knuckle down to his homework. HORNBEAM will encourage the child to put his heart into things.
- IMPATIENS – This is for the child who is bored and restless and keeps changing channels on the TV. He will not settle down and has to have something to do. This remedy can help reduce the child's stress levels and make him more patient.



Fatty showing Heather traits in The Mystery of Tally-Ho Cottage

# Our notes on Bach remedies for kids

- LARCH – This is for the child who is not confident. He wants parent to ask the shop keeper on his behalf. It may come across as shyness. He lacks the self-esteem to embark upon anything and needs a gentle push from his parents or teacher. He will not participate in school events. It could be due to a failure sometime before. This will need a combination of other remedies. LARCH helps the child to develop self-confidence and take that step forward.
- MIMULUS – Children are frightened of dogs, worms, insects, new school, water and many more. She may be scared of being left behind by the parents. This remedy will also help the shy child who blushes or stammers. MIMULUS can help the child to overcome his shyness.
- MUSTARD – This is for the child who suffers from a terrible melancholy. He seems unable to be happy, as if there is something hanging over him. This could be a serious case and professional help may be required. This feeling could disappear as suddenly as it has come. The remedy can help the child to be more joyful and balanced.
- OAK – This remedy is for the child who always perseveres and has a great sense of duty. She works very hard and thinks that she has to finish her homework no matter what. She forces herself to endure hardship to the limit, even when it doesn't make sense anymore. She thinks that she alone can solve her problems. Our daughter was like this to some extent. It taxes the child. She has cried sometimes unable to cope up with it. We had advised her to seek divine help and pray. We were unaware of Bach remedies those days though we were using Homeopathy medicines. OAK can help the child to find the strength to continue, without losing sight of his own needs.
- OLIVE – This is for the child who feels exhausted may be after a bad flu or chicken pox. Normally allopathy would prescribe tonics. The child is devoid of energy and feels unable to cope. OLIVE can help the child to regain his vitality.

# Our notes on Bach remedies for kids

- PINE – This is for the child who blames himself for the mistakes even though he has not done this. The child always thinks he is at fault when something goes wrong and feels he should have ‘done it differently or better’. Sometimes the child is ashamed of something from the past and is not able to let go of it. There is a continuous feeling of regret. “Che ... I should have done like this”. This remedy can help the child to accept himself when things go wrong and stop holding himself responsible.
- RED CHESTNUT – This is for the child who is overly concerned with other people’s welfare. He is afraid of what might happen to his parents when they are away. Our son used to get fever when I used to go on tours. He can be overly protective towards his younger siblings. Sometimes he has learned this behaviour from an over-anxious parent. This child can become very unhappy and he always fears the worst for his nearest and dearest. They will listen to their parents talk and feel the concern about their grand parents. RED CHESTNUT can help lessen the child’s concern and fear for others.
- ROCK ROSE – This is for the child who has felt extreme panic. This could be a nightmare or a street dog that has chased him. This remedy also helps the child who wakes up screaming from a nightmare, suffers from an acute illness or has had an accident. A comforter helps them sleep but this remedy along with a comforter can help calm the child and sleep. We have used photo of God under a pillow to help them. They still use this even though they are grown up.



Our Comforter

# Our notes on Bach remedies for kids

- ROCK WATER – This is good remedy for the perfectionist child. She is not very happy with the 99 she has scored. She is never content with her achievements. She sets herself high standards and is not very flexible. The child has rigid views both of herself and others. She likes being the role model. This remedy can help the child to be easier on herself.
- SCLERANTHUS – This is for the child who finds it hard to make choices. He wavers between all options. He is unstable, not grounded in his emotions, is capable of erratic behaviour and can suffer from mood swings. Should I take Sanskrit or Hindi, CBSE or the local syllabus. This remedy can also be effective for air, car or sea sickness. Both our children had car sickness. This remedy can help the child to be more balanced and more able to make choices.
- STAR OF BETHLEHEM – This is for the sad and inconsolable child. This remedy can be used when the child is in shock, but also for dealing with past issues, such as birth trauma. It can be used on new-born babies (by adding it to the bath water) to reduce the impact of birth. “What a terror - I`m still shaken! When I was little, something very traumatic happened to me, and I feel like I`m still there, like it`s still going on.” Star of Bethlehem can help the child to cope with traumas and lessen sadness.
- SWEET CHESTNUT – This is for the child who feels totally lost and alone, when he is going through a difficult patch and can’t see a way out anymore. His life seems unbearable. He has “lost his girl friend”. It may seem trivial to an adult but for the child it could be a big thing. He is yet to see the big life. Use this remedy when the child feels utterly forlorn. This is good remedy to be kept by the hostel warden. This remedy can help the child calm down and regain his faith in life.



# Our notes on Bach remedies for kids

- VERVAIN – This is for the child who is very principled. He has a great sense of justice, which can make him too eager, tense and frustrated. “This is good idea for the project, daddy, but no matter how hard I try, Rajat does not want to do it.” Sometimes the child is unable to stop himself, fights sleep or is over-active. He has so much energy that he simply can’t slow down. “This blender is working on your laptop – don’t switch off. I will sleep now.” VERVAIN can help the child to become more relaxed.
- VINE – This is for the child who tends to dominate others, which may lead to aggressive behaviour. What comes to mind is the bossy cousin of Harry Potter, Dudley. This remedy is useful when the child always wants to be the leader and always decides which game should be played. He wants to be in control all the time. VINE can help the child to respect other people’s feelings, so he can enjoy shared activities.
- WALNUT – This is for the child who finds it hard to face change, e.g. starting school, moving house or entering puberty. While he usually knows what he wants, he can be easily influenced by other people’s ideas and moods. Our son had a tough time getting adjusted to the move and the new school. This remedy would have helped him cope up easier. WALNUT can help the child to be more steadfast and better able to cope with change



Dudley exhibiting Vine

# Our notes on Bach remedies for kids

- WATER VIOLET – This is for the child who is withdrawn, remote and has poor communication skills, thus making him feel lonely and isolated. He is not that approachable and is not inclined to share his feelings. He may be playing with the mobile or PSP without interacting with other kids. This remedy can help the child to be more open and approachable.
- WHITE CHESTNUT – This remedy is for the child who is unable to prevent recurring and unwelcome thoughts. This remedy can be used when these thoughts interfere with concentration or awareness, e.g. the child doesn't notice when someone is addressing him or when they prevent sleep. "It feels like my head is always filled to bursting. I can't seem to relax." This remedy can help the child to clear his mind again.
- WILD OAT – This is an important remedy for the child. They do not know what they want. He can be indecisive and volatile. He is not quite sure which path to follow in life. This can result in discontentment and frustration. Sometimes he tries out various things, but tires of them easily. The education system in India makes this remedy a must as the child battles on the subjects to choose, the career to choose, looking at his peers making decisions. "What should I do?" This remedy can help the child to determine what he really wants.
- WILD ROSE – The child does not enjoy life. He lacks motivation and has no enthusiasm for life, which can lead to negative behaviour. The child usually surrenders to his fate. He is apathetic and unassertive towards other children. "What a drag! I mean, what am I supposed to be doing? I watch television, take a nap or two, but I don't seem to want to do much of anything, really!" This remedy can help the child regain his zest for life. This could be useful in the lockdown period.

# Our notes on Bach remedies for kids

- WILLOW – This is for the discontented child. He appears bitter, angry and whinges and grumbles. It is not always clear why he behaves like this. He easily assumes the role of victim and can wallow in self-pity. This child finds it difficult to forgive and forget. “Everything bad happens to me, I’m the unluckiest person in the world. Everyone else is having such a good time, but they will find out how it is someday, and I’ll be glad of it! Then they’ll know how it feels to be me - miserable, misunderstood, and unlucky.” “The physics question paper was really tough. The other section teacher set it. Our teacher has not done the portions.” WILLOW can help the child to be more positive.

The Bach remedies can be useful for the child in the following - Homework, Attention Deficit Hyperactivity Disorder (ADHD) and other learning difficulties, social dynamics, bullying-victim and perpetrator, exams, bedwetting, sibling rivalry, new baby, parent/child dynamics, adoption, sleeping pattern, toilet training, teething, puberty, leaving home, childhood illnesses, nightmares. In teenagers it can help in teenage suicide, depression, eating disorders, puberty, self-esteem, peer-pressure, career- choice, exam stress.

Bach remedies are a safe way of making a child happy!



# Our notes on Bach remedies combinations for kids

- Chronic cough and cold – WHITE CHESTNUT, WALNUT and CRAB APPLE. (This is a good combination for the child)
- Emergencies – RESCUE REMEDY.
- Change of school, medium of education – GORSE, OLIVE, CRAB APPLE, WHITE CHESTNUT, SCLERANTHUS and LARCH.
- Student funk – MIMULUS, SCLERANTHUS, and WHITE CHESTNUT.
- Chicken pox and Measles, Acne – WHITE CHESTNUT, WALNUT and CRAB APPLE.
- Burns - RESCUE REMEDY.
- Loss of appetite – WILLOW for dislike and HOLLY for aversion to specific food.
- Teething problems – WHITE CHESTNUT, WALNUT and AGRIMONY. If there is fever add IMPATIENS.
- Dysmenorrhea (menstrual cramps) – WHITE CHESTNUT, WALNUT, CRAB APPLE and MIMULUS.
- Problem child – (Won't listen, adamant, dictates) VINE, WILLOW and CHICORY.
- Dandruff – WHITE CHESTNUT, WALNUT, CRAB APPLE and MIMULUS.
- Weakness after an illness – OLIVE, CENTAURY, add IMPATIENS if the child is irritable.
- Feeling down and bad – OLIVE, HORNBEAM and MIMULUS.
- Incurable – (does not improve) WHITE CHESTNUT and CRAB APPLE
- Unmanageable child – CHICORY and CHERRY PLUM.
- Constantly weeping child – RESCUE REMEDY.







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Selecting Remedies

# Our notes on selecting remedies

Selecting remedies for oneself and family is an easy task. You need to be honest with yourself. There are many workbooks and questionnaire available online that can help you select the remedies. We present one of the questionnaire available online. You can look at the references later for the websites and books that can help you with the remedy selection. The medicines are available online along with Homeopathy medicines. We have got our collection from the online shopping in India and we are very happy with the results.

Dr Bach has provided the 7 categorizations for the remedies. This is what we have seen from the beginning of this book. He had another classification based on the first 12 remedies that he found first These are given in the table below. The first 12 are the personality types that Dr Bach found first by observation of people. These classifications do not matter much but are provided here for completeness.

Category	Remedies
The Twelve Healers	Agrimony, Centaury, Cerato, Chicory, Clematis Gentian, Impatiens, Mimulus, Rock Rose, Scleranthus, Vervain, Water Violet
The Seven Helpers	Gorse, Heather, Oak, Olive, Rock Water, Vine, Wild Oat
The Second Nineteen	Aspen, Beech, Cherry Plum, Chestnut Bud, Crab Apple, Elm, Holly, Honeysuckle, Hornbeam, Larch, Mustard, Pine, Red Chestnut, Star of Bethlehem, Sweet Chestnut, Walnut, White Chestnut, Wild Rose, Willow

# Our notes on selecting remedies

We found one more classification based on Barrett\*. This we feel is an intuitive classification for choosing the remedies. We present a list of questions in this order. You can score the rows from 0 to 9 based on the questions that seem correct to your emotions. Select the top 5 scores for your remedy combination. We repeat, it is important that you be honest with yourself.

“\* C. M. Barrett - Bach Flower Remedies – A User Friendly Guide”

Category	Remedies
Decision Making: Heads or Tails	Cerato, Scleranthus, Wild Oat
Discouragement: Losing Heart	Gentian, Gorse, Sweet Chestnut, Mustard, Wild Rose
Domination and Bondage	Chicory, Vervain, Vine, Heather, Centaury, Water Violet
Faces of Fear	Mimulus, Aspen, Rock Rose, Star of Bethlehem, Red Chestnut, Larch
Fault Finders	Holly, Willow, Beech, Impatiens
Guilt: Inside and Out	Pine, Crab Apple
Mind Games	Agrimony, Cherry Plum, White Chestnut
Not Here Now	Clematis, Honeysuckle
Overburdened	Elm, Oak
Right and Wrong	Rock Water, Chestnut Bud
Tiredness: Energy Crises	Hornbeam, Olive
The Top Two	Rescue Remedy, Walnut



# Our notes on selecting remedies – Please help I cant decide

## Decision Making: Heads or Tails

Score	Questions	Remedy
	<ul style="list-style-type: none"><li>• I have doubts on my own intuitive assessment of people or situations, frequently relying on the counsel of others. I always feel a need to ask someone.</li><li>• I normally find myself regretting the choices I have made relying on the latest information I have obtained. I actually realize that I am not in touch with my own inner wisdom for the decision.</li><li>• I often require to make life choices or critical decisions which require my utmost ability to form independent judgment and my own authentic evaluation. (This is important to me)</li></ul>	CERATO: “Tell Me What to Choose.”
	<ul style="list-style-type: none"><li>• I frequently find myself in situations where I seem to be torn between one or more options, unable to take a firm hold of my decisions. However, I don’t feel the need to ask anyone regarding this.</li><li>• I often go back and forth between people or situations, vacillating in my commitment or intentions. I find it difficult to decide what to wear for the day.</li><li>• I experience a constant shifting of emotional states as well as physical symptoms, characterized by a great deal of restlessness or confusion. I have mood swings. My pain moves around in my body.</li></ul>	SCLERANTHUS: Seesaw. To be or not to be.
	<ul style="list-style-type: none"><li>• I have a feeling that the current vocation or lifestyle is not in keeping with my sense of inner destiny and life purpose. I have an urge to change my job.</li><li>• I have many talents and capabilities, yet I find it difficult to really focus or harness these gifts towards a worldly vocation. Friends tell me people of my experience can be in a better position in an MNC.</li><li>• I am chronically dissatisfied with my work or employment, unable to feel real commitment or interest even after trying many different situations.</li></ul>	WILD OAT: Scattered Choices. Medicine, Engineering or Fathers business.

“Questions Based on Patricia Kaminski - Choosing Flower Essences An Assessment Guide Featuring the FES North American and English flower essences of Dr. Edward Bach”



# Our notes on selecting remedies – I am giving up

## Discouragement: Losing Heart

Score	Questions	Remedy
	<ul style="list-style-type: none"><li>• I am generally sceptical, often dwelling more on the problems than the solutions.</li><li>• I am easily and often discouraged by setbacks, viewing them as stumbling blocks rather than as learning lessons. I become over-sensitive to small delays or hindrances which lead to self-doubt.</li><li>• I easily succumb to self doubt or pessimism, finding it hard to tackle any difficulties I experience with renewed forces or a fresh start.</li></ul>	GENTIAN: “Show Me.” The cause of depression is always known.
	<ul style="list-style-type: none"><li>• It seems to me that there is little hope for the challenging condition or situation I am now experiencing. I don’t think my situation will improve at all.</li><li>• My personal world feels dark or menacing, with the feeling that I can expect no improvement or betterment of my situation. I am suffering from an incurable problem.</li><li>• I think I have lost faith or trust in my inner process of healing or transformation. I believe that there is little I can do to improve my condition.</li></ul>	GORSE: Giving Up and Going On.
	<ul style="list-style-type: none"><li>• I feel that I have hit “rock bottom,” caught in such an extreme state of despair that there appears to be no way out. Oh God have you also left me to suffer this.</li><li>• I feel extreme mental anguish or suffering, as though I have reached the breaking point of what I can endure. I don’t think I can take this anymore. It is so unbearable that I cant even cry.</li><li>• I am at present experiencing a sense of utter aloneness or abandonment, testing my faith that there really is a Higher Power or loving spiritual source for me. I feel forsaken.</li></ul>	SWEET CHESTNUT: The Darkest Hour. And no morning in sight.

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# Our notes on selecting remedies – Interactions issues

## Domination and Bondage

Score	Questions	Remedy
	<ul style="list-style-type: none"><li>• I often experience feelings of frustration, suspecting that others do not really appreciate my efforts.</li><li>• I find myself wanting attention from others, especially the desire to have others acknowledge how much I am giving or doing for them. Its natural, is it not, to expect something for the love I have given. I have done so much for them.</li><li>• I am possessive in relationships, wanting others to recognize how important I am in their lives. I am surprised why they do not like me, and call me, even after having given all my life to them.</li></ul>	CHICORY: Looking for Love in All the Wrong Places. Possessive.
	<ul style="list-style-type: none"><li>• I strongly believe that the world would be better off if only others heeded my vision and values and ideas. I have given so many talks on this but they do not listen.</li><li>• I possess great feelings of enthusiasm and intensity, so much so that I can tense and push my body beyond its natural energy level. I have shown my ideas working successfully on this one project.</li><li>• I think I sometimes overwhelm others with my convictions, making it difficult for them to freely develop a response or openly explore my point of view. I am just enthusiastic that's all.</li></ul>	VERVAIN: Passion Plus. Overenthusiastic in Pursuit of a Cause.
	<ul style="list-style-type: none"><li>• I often demand obedience or allegiance from others, with a strong need to be in control or to direct others. My position demands this. They will be lost otherwise.</li><li>• I am assertive to the point of being aggressive, wanting to be in charge and ensure things will be done “my way”, anyway it is the right way.</li><li>• I possess a strong will that, I have noticed and someone pointed out in the feedback, that I seem to overpower or overwhelm those around me.</li></ul>	VINE: Leadership or Lordship?

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# Our notes on selecting remedies – Interactions issues

## Domination and Bondage

Score	Questions	Remedy
	<ul style="list-style-type: none"> <li>It seems that I am often absorbed in my life traumas or worries, needing to tell others about them, or wanting attention or consolation from others. Sometime people stop listening to me – bad.</li> <li>It is difficult for me to be alone or to resolve problems independently. I require a great deal of support from others. I need to tell someone about the health problems – it helps.</li> <li>I feel an intense inner loneliness or sense of insecurity, looking to others to help fill the emptiness I feel inside me. I feel an urge to talk about myself to someone.</li> </ul>	HEATHER: “Let’s Talk About Me.” Needy of attention.
	<ul style="list-style-type: none"> <li>I find it easy to serve others, but it submerges, I feel, my own identity or integrity in the process.</li> <li>It is difficult for me to be in touch with my own needs for rest, play or creative expression. I find that I too easily compromise these needs to meet the demands of others. I find it difficult to say no.</li> <li>I feel my will is weak, especially with regard to my own personal goals for inner development or self-realization. I rarely get time for this. I wish I could just get away for once and be on my own.</li> </ul>	CENTAURY: The Cinderella Complex.
	<ul style="list-style-type: none"> <li>They say that I am often rather aloof or socially distant, making it hard for them to really get to know me. I would say I at times am a little patronising.</li> <li>I find myself measuring others according to social status or economic background or intelligent quotient, often with the sense that I would not want to associate with someone beneath my social/intellectual level.</li> <li>I am at my best when I work independently, finding that when I work with others I am easily annoyed or otherwise stymied.</li> </ul>	WATER VIOLET: “I’d Rather Be Alone.”

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# Our notes on selecting remedies – I am afraid

## Faces of Fear

Score	Questions	Remedy
	<ul style="list-style-type: none"><li>• I find that I frequently short change myself from a full experience of life, isolating myself due to nagging fears or worries. I have phobias which I try to overcome consciously.</li><li>• It is hard for me to be truly spontaneous or joyfully curious about life, paralyzed instead by annoying doubts, fears or worries. When I am faced with situations that frighten me, I get nervous.</li><li>• I am hypersensitive, frequently troubled or uneasy even when encountering ordinary or daily activities. I am shy and easily frightened by particular circumstances and things.</li></ul>	MIMULUS: Don't Go Near the Water
	<ul style="list-style-type: none"><li>• I often find myself anxious or fearful, or experience vaguely troubling nightmares, yet I am at a loss to understand what is causing or prompting these feelings.</li><li>• I have pronounced psychic sensitivity, easily registering impressions from unseen or unknown sources. I wake up with a sense of apprehension and foreboding, feeling that something bad may happen, but don't know what it may be.</li><li>• I need to bring more spiritual strength and confidence to my daily life, transforming fear and anxiety to more wakeful perception and inner knowing.</li></ul>	ASPEN: For Things That Go Bump in the Night.
	<ul style="list-style-type: none"><li>• I frequently suffer from nightmares, or other experiences which bring a sense of terror or deep emotional disturbance. I get panic attacks.</li><li>• I am currently facing a situation which has life-threatening or destructive proportions, such as an impending death or catastrophic emergency.</li><li>• I tend to panic and become hysterical. I need to develop greater courage in stressful situations.</li></ul>	ROCK ROSE: The Sky is Falling. For terror.

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# Our notes on selecting remedies – I am afraid

## Faces of Fear

Score	Questions	Remedy
	<ul style="list-style-type: none"><li>• I was subject to a very deep trauma or assault from which I feel I have never regained my original vitality or strength. (It could be a past surgery or accident which is responsible).</li><li>• It seems that a deep sense of inner peace and self-containment is lacking in my life, due to stress and other trauma.</li><li>• I have suffered from a prolonged state of psychic stress, due to a personal loss, which has led me to feel cut off from my Spiritual Self or deepest soul feelings.</li></ul>	STAR OF BETHLEHEM: A State of Shock.
	<ul style="list-style-type: none"><li>• I frequently find myself worrying or concerned about others’ welfare, so much so that I am living more in their lives than my own.</li><li>• It is hard for me to trust in the unfolding of life events for my children or other family or friends close to me. I fear something is going to happen to them. This gives me sleeplessness.</li><li>• I am needing to develop more detachment about a current relationship or social situation which is troubling me.</li></ul>	RED CHESTNUT: Out of Sight but not Out of Mind.
	<ul style="list-style-type: none"><li>• I think I am my own worst critic, censoring, down-playing, or otherwise stifling my creative expression or contribution. I have self-doubt, often lacking the essential confidence to take risks or be spontaneous.</li><li>• I feel my own fear of failure or expectation of criticism from others holds me back from making a unique or creative contribution in my work, community or social group.</li><li>• I experience difficulty in speaking or performing publicly, adversely affecting my speech or presentation, even when I am sufficiently prepared</li></ul>	LARCH: “You Do It”

# Our notes on selecting remedies – I find faults and am intolerant

## Fault Finders

Score	Questions	Remedy
	<ul style="list-style-type: none"><li>• I am plagued by feelings of jealousy, rivalry, suspicion or vengefulness.</li><li>• It is hard for me to feel compassion for the plight of others. My feelings for others often turn to alienation, mistrust, or hostility.</li><li>• I struggle or compete in order to receive love or recognition, feeling that others will get what is rightfully mine.</li><li>• I often compare myself with others to judge myself and their excellence bothers me sometimes.</li><li>• Any help received brings out a questioning of their intent in my mind.</li></ul>	HOLLY: Fireworks
	<ul style="list-style-type: none"><li>• I tend to hold on to past injustices or misfortunes, leading to feelings of bitterness or resentment.</li><li>• I frequently find myself in the role of “victim,” feeling that I am being persecuted or unfairly punished. Despite all I have done, I feel my best efforts have largely gone unrewarded, while others not as deserving as myself, have gained.</li><li>• I am emotionally inflexible, finding it difficult to forgive others, or to be accepting and yielding.</li></ul>	WILLOW: It’s Not My Fault
	<ul style="list-style-type: none"><li>• I set high standards for others. They find it difficult to live up to my ideals.</li><li>• I have been told that I frequently criticise and judge the behaviour or performance of others.</li><li>• I am hypersensitive to the physical and social environment around me, needing to be surrounded by a “bubble” of perfection.</li><li>• The small habits and idiosyncrasies of others bothers me.</li></ul>	BEECH: Judgment Day

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# Our notes on selecting remedies – I find faults and am intolerant

## Fault Finders

Score	Questions	Remedy
	<ul style="list-style-type: none"><li>• I find myself tense, irritable, or easily impatient and argumentative. I find myself losing patience, becoming tense and irritable with people and things that move too slowly for me.</li><li>• I tend to take over for others, finishing their sentences or completing their tasks because I know I can do it more quickly.</li><li>• It seem that I am always rushing ahead of my experience, not really able to enjoy or pay attention to what is unfolding around me. I do things in a rush, racing from one place or situation to another.</li></ul>	IMPATIENS: Faster Than the Speed of Light.

**Tip:** Looking at your current emotions do not be in a hurry to select the remedy. Analyze why are you getting this emotion. Look at the trigger that caused this emotion. You may be feeling anger at your son who has come late but it is quite likely that it was triggered by the delay in coming. This led to a fear for the loved ones and this has finally led to an anger at the boy. The remedy would be RED CHESTNUT for the fear for the loved ones. It is perhaps possible that you did not have fear but the anger was because of your sense of ideals and the need to keep proper time. Your son did not keep up to you understanding of keeping time. You may then need a different remedy – perhaps BEECH. It could be that this anger is perhaps rooted in your past experiences and you are living something in the past in your life causing this anger. Perhaps you require – HONEYSUCKLE. It is very essential that you take time to analyze the emotion.

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# Our notes on selecting remedies – I feel guilty

## Guilt: Inside and Out

Score	Questions	Remedy
	<ul style="list-style-type: none"><li>• I grew up in a religious, social, or family situation which imparted a great deal of guilt or shame about my own self-worth.</li><li>• I have unusually harsh expectations for myself, readily resorting to self-blame if my performance is less than perfect. I am rarely content with my accomplishments, feeling that I could always do better. I have been brought up like this.</li><li>• It is hard for me to let go of past mistakes or failures. I frequently dwell on these, blaming myself, rather than moving forward to new opportunities or risks.</li><li>• I find myself blaming myself for other people's mistakes, feeling that their shortcoming are in some way my fault or responsibility. I should have instructed them better, I think.</li></ul>	PINE: Guilty Before Charged
	<ul style="list-style-type: none"><li>• I am often obsessed with feelings of imperfection, focusing on even the tiniest details which seem out of harmony.</li><li>• I feel unclean, impure, or otherwise ashamed of my bodily functions or physical attributes. I feel unclean or ashamed over an act I should not have committed, or over someone or something has violated me personally.</li><li>• I am often drawn to purification or cleansing rituals for my physical body or environment out of proportion to the real need.</li><li>• I have developed elaborate rituals over the years that, I feel, I need to continue to help me navigate in my life in the environment.</li></ul>	CRAB APPLE: Colour My World Clean

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# Our notes on selecting remedies – Mind issues

## Mind Games

Score	Questions	Remedy
	<ul style="list-style-type: none"><li>• It seem that I am wearing a social mask, appearing carefree and cheerful to others, when deep inside I feel quite tormented.</li><li>• I was taught to deny my real feelings, to keep a “stiff upper lip,” or maintain a veneer of social politeness.</li><li>• I often rely on alcohol or other drugs to keep back any unpleasant or troubling emotions, or to help me to feel at ease.</li></ul>	AGRIMONY: Laughing on the Outside, Crying on the Inside
	<ul style="list-style-type: none"><li>• My current life is characterized by a great deal of pressure or stress, resulting in enormous feelings of emotional or physical tension.</li><li>• I tend to cope with stressful or challenging situations by holding on to it all the more tighter, as though letting go would mean that I had lost control.</li><li>• I have experienced moments of temporary insanity, or suicidal or destructive impulses, which make it hard for me to trust surrendering to my own natural impulses or inner sense of spirituality.</li></ul>	CHERRY PLUM: Mental Torture
	<ul style="list-style-type: none"><li>• My mind sometimes seems like an echo chamber, constantly replaying bits of conversations or life episodes without any apparent resolution. It feels like a stuck record player.</li><li>• I suffer from a great deal of mental agitation or racing thoughts, often resulting in insomnia, fitful sleep, or general restlessness.</li><li>• It is usually difficult for me to pray or meditate, or to experience an inner state of calm objectivity or inner peace.</li></ul>	WHITE CHESTNUT: Mental Overload.

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# Our notes on selecting remedies – I live in past/future

## Not Here Now

Score	Questions	Remedy
	<ul style="list-style-type: none"><li>• I am someone who lives more readily and comfortably in my own inner world, rather than in an outer world of daily affairs and responsibilities.</li><li>• I have a highly developed imagination or psychic life, but find it difficult to focus or concentrate in the classroom or workplace.</li><li>• I am attracted to drugs or other psychic experiences which give me a sense of expansiveness, and ease my feeling of constriction in the physical body or physical world.</li><li>• I am a day dreamer – sort of. I find myself dozing off frequently, regardless of where I am.</li><li>• I am very happy in the social media game world, watering the plants there than at home.</li></ul>	CLEMATIS: A Thousand Light Years from Home
	<ul style="list-style-type: none"><li>• I find myself frequently dwelling on, or otherwise longing for a former relationship or living situation.</li><li>• It seems that there was an earlier part of my life which was more glamorous or fulfilling than my current situation.</li><li>• I find myself wistfully nostalgic or romantic, convinced that life would be different if only I lived in another era, or in a different circumstance.</li><li>• I find my previous trip out with the family was better than the current one.</li><li>• I find there are things I would like to have done with my life but never had the opportunity to do.</li><li>• I find myself bringing back instances in my past life to the present in form of comparison or just to recall and talk about.</li></ul>	HONEYSUCKLE: Memories of Times Lost.

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# Our notes on selecting remedies – I feel overwhelmed

## Overburdened

Score	Questions	Remedy
	<ul style="list-style-type: none"><li>• I readily assume major tasks or responsibilities, only to find myself completely overwhelmed or otherwise dysfunctional. I tend to overextend my commitments.</li><li>• I am someone who is frequently overly-responsible or over-concerned in family or work situations, to the point of isolating myself as the lone hero or rescuer.</li><li>• I am currently experiencing a great deal of fatigue, or even despondency, regarding a task or project for which I have assumed responsibility.</li></ul>	ELM: The Last Straw.
	<ul style="list-style-type: none"><li>• I am hard-working and dependable, often pressing to the limits of endurance in order to provide for or assist others. I tirelessly struggle on despite oppositions and delays.</li><li>• I am on the verge of collapse or utter exhaustion due to the unrelenting pace I have set for myself.</li><li>• I over-strive beyond my true limits or capacities, generally denying myself small pleasures or spontaneous moments of joy. I tend to throw myself into my projects neglecting my own needs, as well as the needs of those close to me</li><li>• I will always be depended on to complete what I set out to do, regardless of the challenge.</li></ul>	OAK: Carrying That Load.

**Tip:** ELM and OAK are similar. An easy way to remember is - ELM can bend but OAK cracks under pressure. ELM problem is a momentary problem of feeling overwhelmed he will come back after the bend. OAK has gone ahead even though feeling exhausted. He will break.

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# Our notes on selecting remedies – Mistakes and righteousness

## Right and Wrong

Score	Questions	Remedy
	<ul style="list-style-type: none"><li>• I tend towards an ascetic or highly regimented style of living and eating.</li><li>• I have strong religious, work, or study disciplines, which I follow relentlessly, or rigidly. I have a mission in life to conform with or live up to.</li><li>• I feel that I deny myself the opportunity to enjoy life on its own terms, generally subjecting myself to strict schedules or external programs which allow for little spontaneity or creativity.</li><li>• I feel it's important to make an example of myself by living up to my ideals, so that others may follow.</li></ul>	ROCK WATER: The Straight and Narrow Path.
	<ul style="list-style-type: none"><li>• It feel that I am somehow stymied or stuck, unable to make progress, repeating the same mistakes again and again in relationships and other life situations.</li><li>• It is hard for me to step aside and observe my life, so that I can understand and learn from my experiences. I find that I don't learn from past experiences, repeating the same mistakes or patterns of behaviour.</li><li>• It seems that I am a slow learner, needing to develop more ability to observe and discriminate in the life situations which I encounter. Due to lack of observation, I find it necessary to go over things already done.</li><li>• I have put my savings is a similar chit fund but with a new name. I have forgotten that I had lost money in a venture like this.</li></ul>	CHESTNUT BUD: Wrong Again.

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# Our notes on selecting remedies – I am tired

## Tiredness: Energy Crises

Score	Questions	Remedy
	<ul style="list-style-type: none"><li>• I feel fatigued or drained in my job, or in a work-project at home or in school, out of proportion to the real physical energy demanded for the task. Life often seems like a monotonous routine, as though I am just going through the motions at work or home, with little interest or energetic involvement.</li><li>• I feel I need to develop a fresh perspective on my daily tasks and responsibilities, perhaps recapturing my original zest, or finding new and enlivening situations at work, home, or school.</li><li>• On rising in the morning, I find myself tired, not wanting to get up. I feel some part of me needs to be strengthened before I can tackle the day. However once I have started my daily activities my tiredness is forgotten, and I am able to complete my work.</li></ul>	HORNBEAM: Trouble At the Beginning
	<ul style="list-style-type: none"><li>• I have just completed an extremely challenging ordeal which required me to muster all my physical stamina and resolve.</li><li>• I have just gone through an illness or personal ordeal which left me physically and mentally drained.</li><li>• I feel that I have “spent” all of my physical energy, resulting in a profound sense of exhaustion and fatigue.</li><li>• I generally seek physical measures to heal myself, yet sense that my current exhaustion or dysfunction is so immense that I must look elsewhere for complete recovery</li></ul>	OLIVE: Running on Empty..

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# Our notes on selecting remedies – I need to cut my ties

## The Top Two

Score	Questions	Remedy
	<ul style="list-style-type: none"><li>• I tend to be negatively influenced by family ties or social expectations which hold me back from following my own sense of conviction or destiny.</li><li>• I am attempting to establish a new program of inner development, or change in lifestyle; yet finding myself succumbing to old habit patterns, thoughts, or beliefs which retard my progress.</li><li>• I am in a major state of transition — either physical or psychological — which will require me to view myself and others in an utterly new or courageous way.</li><li>• I am involved in a relationship or situation I would like to be free of, but cannot break away from.</li><li>• I have problems getting adjusted to time zones and new hotels or environments.</li></ul>	WALNUT: Building Bridges.

## EMERGENCY

Score	Conditions for Use	Remedy
	<ul style="list-style-type: none"><li>• If you are in a major traumatic incident – accident, fracture, sudden death, shooting, rioting, fall.</li><li>• If you feel your heart racing, palpitations, and do not have time to figure out the correct remedy.</li><li>• If you feel sudden giddiness, breathlessness or insulin imbalance or shock.</li><li>• If you find yourself shell shocked unable to respond. You are in severe panic.</li><li>• If you are burnt, verge of stroke, threat of suicide (utter despair).</li></ul> <ul style="list-style-type: none"><li>• Always keep RESCUE REMEDY at home and carry it with you in a small packet in your purse.</li></ul>	RESCUE REMEDY

# Our notes on selecting remedies – Know yourself

In self medication you need to know yourself. Its good to work with someone close to you – your partner who will know you. A good discussion helps form a better understanding. When we started reading the questions and discussing about ourselves it comes out often that we do not know ourselves that well. It is very surprising. Working with Bach remedies has helped us understand ourselves better. You need to answers a few question about yourself and note it down in a workbook. We have started one. We found these question in the reference \*. Try to be kind and compassionate to yourself as you answer each question. By doing this, it can also bring relief to any discomfort you may feel.

## Questions regarding your Preconceptions and Beliefs – What are you really?

- What am I? What are my beliefs about myself? Do I believe that the body can heal itself? Do I believe in the Bach Remedies?
- Are there any blocks in my mind that prevent me from going deeper to analyse the root cause of my ailment? Can I really delve deeper into my psych? – Elaborate them. (It may be a mental block caused by a trauma or a deep feeling you have buried. The ailment could be due to that.)
- How has my upbringing affected my health? How have the people I have interacted with during my childhood affected me and my health?

## Questions regarding your Inner Voice – What is the inner voice telling you as a monologue?

- Am I living the life as I wanted to live? Has my concept of life changed today? Is my life aligned with the values and my desires?
- Do I lead a authentic life? (Authenticity is defined as “the unimpeded operation of one's true or core self in one's daily enterprise.”) Do I accept my strengths and weakness? Do I love and accept myself as I am?
- What is my inner self telling me? What would life be now if there were no worries and anxieties?

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# Our notes on selecting remedies – Know yourself

## Questions regarding your Physical Health – Why am I ailing in body?

- Do I have any bad habits that are spoiling my health? Will stopping these improve my health?
- Do I feel energetic or am I down in the dump? (If you have alternating energy articulate levels what causes what.)
- Why am I not able to sleep? Are there recurring dreams or themes in my dreams?

## Questions regarding your State of Mind – What is my state of mind now?

- What are the triggers or event that make me happy and unhappy? What is the thing/action that will heal my mind?
- Do I feel worthy of being happy? Why do I feel so? Is there a hidden guilt or anxiety that is telling me that I don't deserve to be happy?
- How much time do I spend engaging in negative conversations such as unkind gossip, criticising other people, finding fault with others or complaining, feeling jealous?
- Do I express appreciation and gratitude regularly in my life? Do I get caught up in what I lack rather than appreciating what I already have? Have I really appreciated what I have or am I comparing myself to someone else and thinking that I am lacking what he has?

## Questions regarding your Relationships – How do I interact with others?

- How do I feel about my love life? How is my relationship? Are there repetitive identifiable patterns in my relationships that continue to appear in my life? Is there someone in my life whom I need to forgive? How much do I open up to others and become vulnerable to them?
- Do people around me use me for their purpose – perhaps like a doormat?
- Do I feel worthy of love and affection? Do people around me love me or are they just attached for another reason?
- What would I change about my love life if God gave an opportunity to do so?
- Are there toxic people in my life who poisoning my mind? What are my weakness that they leveraging?

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# Our notes on selecting remedies – Know yourself

## Questions regarding your Work/Life Vocation – How are you at work (if homemaker – at home)?

- Is my work or profession or what I am doing worthwhile? (Note - This may not be a paying job) Do I feel like I am making a difference to the cause or am I contributing fruitfully? What is my inner voice telling me about my work and the things I am doing?
- How does my mind and body feel while I am at work and engaged? If fear was taken out of the equation, how would I change how I spend my time? Am I learning something valuable working even though I am not passionate about what I do?
- Am I doing too much to please others rather than doing things for myself? Do I feel that its my duty to do this and I have resigned myself to it?
- If there was no pressure or compulsion would I be doing this work?

## Questions regarding your Finances – Am I financially stable?

- What are my thoughts and feelings about my financial situation? Am I satisfied or am I comparing myself and gauging myself with finance as a metric or scale?
- How do I define success for myself, financial stability and abundance? How do others influence my thought about finances?

## Questions regarding Environment – How is my place of work/stay?

- Am I residing in the place where my inner voice wants me to live? Am I stuck in a place just because I need to work nearby and commute easily?
- Am I surrounded by beauty? Can I commune easily with nature? How healthy is my environment?
- Has circumstances constrained me to live in the current environment and I would rather be somewhere else?

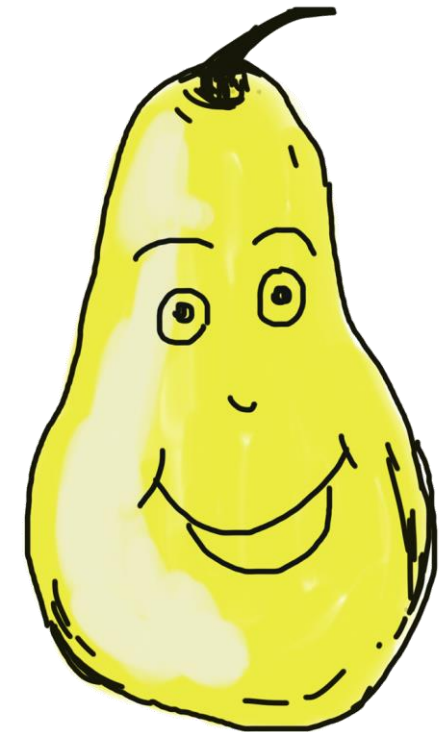
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# Our notes on selecting remedies – Know yourself

These are very deep and hard questions which you may dislike to answer fearing to enter into your psyche. But these are important. Answering these will help define the emotions you are feeling and these emotions may be the cause of your ailments. Answering these help evaluate your goals. We do this quite often especially before a change. It helps us define what we want and correct our direction. The inner compass is showing a direction but we may not be following that and over the years we may have deviated. It is good to do a course correction before it is too late.

Now that you have done this compare notes with the remedies. You will see that once you have got this out of your system and the remedies match you have a set of remedies that will help you do the course correction.

You have got your genuine “snake oil” that will ease out your life kinks. The remedies do not have side effects unlike other medicines so it is good to take these if it helps your emotions. We have found it very useful and effective along with the Homeopathic medicines that we take.





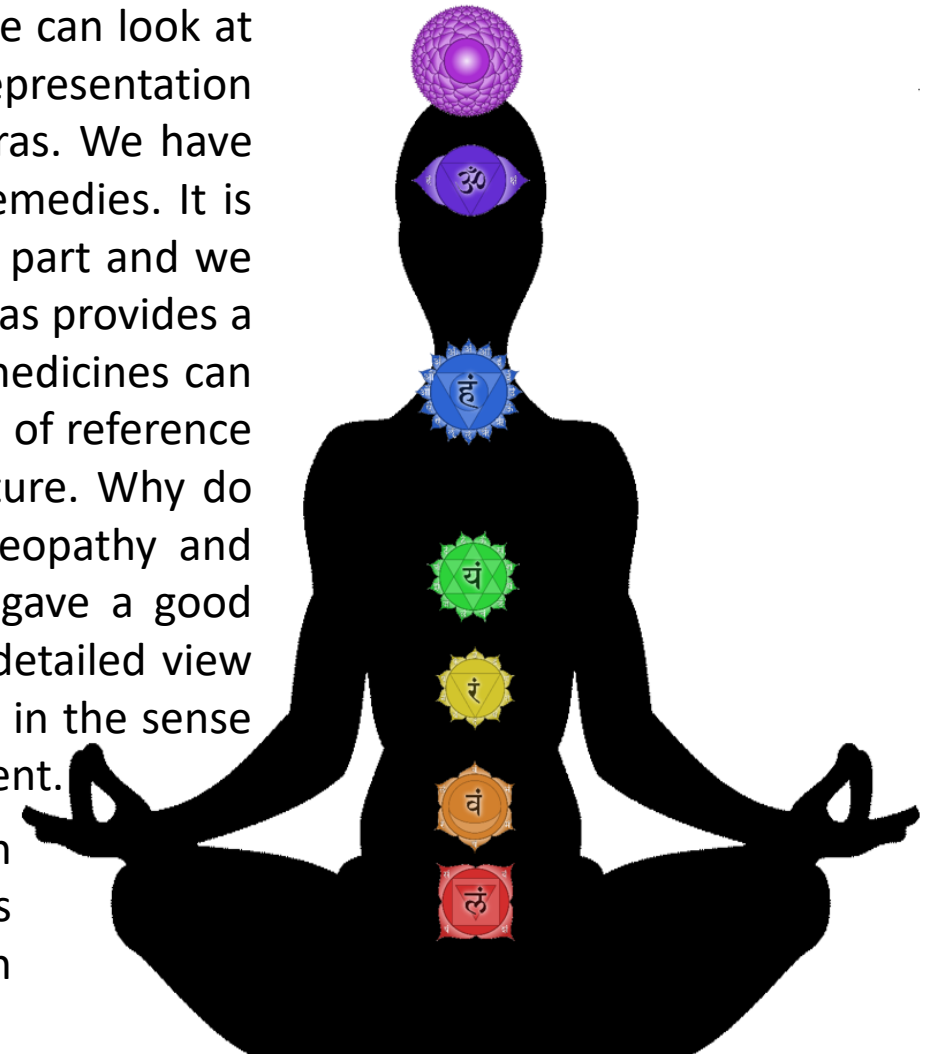
## Chakras and other Medicines



# Our notes on Chakras

We can correlate the Bach Remedies with other alternate medicines if we can look at the seven chakras or energy centers or wheels in our body. This is a representation from Yoga and Tantra. Different text provide different numbers of chakras. We have taken the seven chakras representing the seven divisions in the Bach remedies. It is quite likely that Dr Bach knew about these but it is a conjecture on our part and we leave it at that. However looking the remedies in light of the seven chakras provides a base to understand other alternate forms of medicine. Other forms of medicines can also be related to these chakras and there they provide a common frame of reference to understand Ayurveda, Chinese medicine, Homeopathy and Acupuncture. Why do we need to do this? We were very familiar with Ayurveda and Homeopathy and understanding Bach Remedies and emotions with respect to Chakras gave a good perspective to view the remedies. We also found a book which gives a detailed view of Chinese medicine and Bach remedies. The author there finds it useful in the sense that they can find health issues using Chinese medicine and help the patient.

The next seven sections are our notes on the chakras and the Bach remedies associated with each of these chakras. We provide the ailments associated with the chakras, the emotions and the reactions to Bach Remedies.



# Our notes on Chakras – Muladhara (#1)



Muladhara is the base chakra where we start our journey. It means foundation. This chakra is the foundation on which we build our lives. This is the chakra that is immediately active in a newborn. The color associated with this chakra is red. It is associated with the element Earth and this has the mantra Lam (लं) associated with it. This chakra is associated with our survival instincts. This is also known as a Base Chakra. The tables below provide the connectivity between remedies and chakra.

Balanced Energy	Excessive Energy	Deficient Energy	Ailments
Provides vitality and a sense of well being. A feeling of grounded, centered and sexually affectionate, control of oneself. He has trust in the natural laws, and is able to move with the ebb and flow of life.	Domineering, Egoist, sexually uninhibited, self-indulgent, excessive shopping or hoarding, gluttony, excessive drinking, sex without love.	Lack of willpower, reduced sense of grounding, loss of interest in sex, insecure in the knowledge that our most basic and primal needs of food clothing and shelter are being met. Absent-minded and self-centred , engendering primitive fears, exhaustion, and difficulty dealing with physical reality	Problems with blood cells, sex organs, spinal cord, legs, hemorrhoids, constipation, sciatica, frequent urination problems, weak bones and teeth, immune system, large Intestine.

Remedy	Positive	Negative	Remedy Action
Crab Apple	These people are in contact with and are constantly cleansed by the flow of energy from the higher Chakras.	The Base Chakra has become slightly cut off from the energies of the Crown Chakra and feels the need for a good 'wash through' with the higher energies.	The purifying flow of higher energies will speed the vibration to the point where the Chakra 'glows' and no longer feels unclean.

# Our notes on Chakras – Muladhara (#1)



Remedy	Positive	Negative	Remedy Action
Elm	It is part of their nature to take a positive attitude to responsibility.	They are temporarily overwhelmed by the weight of responsibility.	It improves the connection to base chakra and is grounded.
Larch	Secure and grounded he can confidently open up. He is determined and capable.	No confidence in himself and robs life of the opportunity.	This enables the energy from the higher Chakras to flow through increasing positivity.
Oak	They have the good common sense to know when to work and when to rest.	The blocked oak energy is locked into the 'work ethic' of the Base Chakra. They work themselves to death.	It helps get a more balanced view on life, to learn that it is not a weakness to bend a little
Pine	These people are secure in the knowledge of their ability. They take responsibility.	They labour under a sense of guilt that eats away at the very foundations of their life.	This gives a tremendous feeling of stability and security - grounding.
Star of Bethlehem	They have the ability to release the stress and tension caused by traumatic experiences.	The remedy is for sudden shock that will, to the degree to which the shock is experienced, freeze the consciousness in the Base Chakra	It is really the disconnectedness from the Crown Chakra that causes the problem due to the freezing. This is improved.
Sweet Chestnut	The most wonderful quality of faith which puts trust in divine in spite of hardships..	This is indicated for those times when everything seems lost: and there is despair.	It helps to ease anxiety and increase connectivity to the Crown Chakra.
Willow	They naturally attract the positive benefits of an optimistic personality.	It is impossible to please, always grumbling, spreading an air of despair.	The higher energies can flow, bringing the energies of healing and wisdom.

# Our notes on Chakras – Swadhisthana (#2)



The second chakra is the Swadhisthana. It means one’s own abode. This chakra is more concerned with the pleasures in life. The color associated with this chakra is orange. It is concerned with pleasure of eating, drinking, material comforts. It is associated with the element Water and this has the mantra Vam (वं) associated with it. The newborn develops this chakra after about 6 months when it starts understanding that it is separate entity. This is also known as a Sacral Chakra. The tables below provide the connectivity between remedies and chakra.

Balanced Energy	Excessive Energy	Deficient Energy	Ailments
When it is balanced the person is in touch with his emotions. Graceful movement, emotional intelligence, Ability to experience pleasure, nurturance of self and others, ability to change, healthy boundaries.	Excessively strong emotions (hysteria, bipolar mood swings, crisis junkies), obsessed with sex, manipulative, over ambitious, aggressive. Oversensitive, poor boundaries, invasion of others, seductive manipulation, emotional dependency, obsessive attachment.	Oversensitivity, timidity, resentment, distrust, guilt. Rigidity in body and attitudes, frigidity, fear of sex. Poor social skills, Denial of pleasure, Excessive boundaries fear of change, lack of desire, passion, excitement	Effects bladder, kidneys, intestinal complaints, irregular breathing, disturbance of the nervous system, migraines, disfunction of the reproductive organs. Menstrual difficulties, impotence, premature ejaculation, frigidity, lower back pain, knee trouble, lack of flexibility.

Remedy	Positive	Negative	Remedy Action
Aspen	These people love a challenge: they revel in the joy of life.	A creepy, cold feeling comes over us, our hair stands on end and our skin develops goose bumps. Unknown fears.	The remedy will clear the shock in the system, of fear, which has overwhelmed the emotions and caused the Chakra to freeze.



# Our notes on Chakras – Swadhisthana (#2)



Remedy	Positive	Negative	Remedy Action
Mimulus	They have a clear, unworried mind. It is not that they do not face challenges in life, but that they have a balanced serenity.	Fear of mice or spiders, fear of failure, fear of loss, fear of dying, or even of living.	It brings a state of balance to overcome emotional fear. The connective to the Base Chakra is improved.
Cherry Plum	They have a quality of calm steadfast courage, emotional balance and stability.	Obsessive fears or delusions, which can lead to a fear of a nervous breakdown or even going insane.	It helps people to regain their security by grounding them to Base Chakra and reconnect to the higher Chakras, especially the Solar Plexus Chakra.
Red Chestnut	A joyous good-hearted person who projects positive energy to everyone they know.	The people caring for the ill person are projecting emotions of fear and anger at the illness, shock and horror.	Creates a balanced emotion that will produce positive action. Connects to the higher Heart Chakra and lower Base Chakra.
Rock Rose	A conviction that brings bravery or even heroism in the face of adversity.	People are prone to becoming fearful, panic stricken and rigid with fear when faced with an emergency. The state is the exact opposite of the beautiful emotions of emotional love.	It brings warmth back to this centre from the fire of the Solar Plexus Chakra and it creates the calming soothing warmth of a big beautiful orange sunset on a warm summer evening.

# Our notes on Chakras – Manipura (#3)



The third chakra is the Manipura. It means jewel of the navel. This chakra is concerned with digestion. The color associated with this chakra is yellow. It is linked with ego and emotions. It is associated with the element Fire and this has the mantra Ram (ॠ) associated with it. The newborn develops this after about 18 months. It develops a separateness and autonomy. This is also known as a Solar Plexus Chakra. The tables below provide the connectivity between remedies and chakra.

Balanced Energy	Excessive Energy	Deficient Energy	Ailments
Responsible, reliable, balanced, effective will, good self-esteem, balanced ego-strength, warmth in personality, confidence, spontaneity, playfulness, sense of humour, appropriate self-discipline, sense of one's personal power, able to meet challenges, physical activity.	Overly aggressive, dominating, controlling, need to be right, have last word, manipulative, power hungry, deceitful, attraction to sedatives, temper tantrums, violent outbursts, stubbornness, driving ambition, competitive, arrogant, hyperactive, workaholic, perfectionist.	Low energy, weak will, easily manipulated, poor self-discipline and follow-through, low self-esteem, cold, emotionally and/or physically, poor digestion, collapsed middle, attraction to stimulants, victim mentality, blaming of others, passive, unreliable, fear when alone.	Eating disorders, digestive disorders, ulcers, hypoglycaemia, diabetes, muscle spasms, muscular disorders, chronic fatigue, fever, hypertension, disorders of stomach, pancreas, gall bladder, liver, lower back pain

Remedy	Positive	Negative	Remedy Action
Cerato	He has ability to take direct and correct action on intuitive impulse.	These people cannot make a decision. They simply 'do not have the guts' to make the decision.	It releases the anxiety, thereby enabling them to act on the vision from the Brow and Throat Chakras

# Our notes on Chakras – Manipura (#3)



Remedy	Positive	Negative	Remedy Action
Gentian	It is reflected in people who have the resolve to see a task through to completion.	We see people getting along fine when suddenly there is a minor set back and they immediately become depressed.	It can lift the fog, which blocks out the sun of their Solar Plexus Chakra.
Gorse	A positive gorse state is when we radiate joy and vitality.	People have a sallow complexion and an air of deep resignation and despair.	Feeds the furnace of the Solar Plexus Chakra with the energy it needs to lift the sufferer to throw off the melancholy.
Hornbeam	Vibrant energy easily focused on the task in hand.	State of low fire energy. We would recognise it as the Monday morning feeling	Gives a little boost to the fire energy of the Solar Plexus Chakra, to get it going. Connects to Base Chakra.
Scleranthus	The person who is well balanced, instinctively knowing what action to take, they trust their intuition.	The people are simply unable to make up their minds. They have the courage to make a decision, but they may change the decision twenty times in as many minutes.	It helps gain inner balance and composure, which gives them the focus to make a decision, stick with it, and act. It smooths the energy flow between the Heart and the Sacral Chakra.
Wild Oat	The person has a clear vision of the future, who can 'see' the outcome they wish to achieve.	People have lost the greater vision and they cannot make progress	Remedy re-connects us to our Brow Chakra, which in turn enables us to clear our vision and use the insight.

# Our notes on Chakras – Anahata (#4)



The fourth chakra is the Anahata. It means unstruck sound. This chakra is concerned balance and equilibrium. The color associated with this chakra is green. It is linked with ego and emotions. It is associated with the element Air and this has the mantra Yam (यं) associated with it. The child develops its own social identity with the development of this chakra. It develops gender identification. This is also known as the Heart Chakra. The Heart Chakra is at the center. The lower three chakras are dealing with the materialist plane and the above three chakra deal with the spiritual. The tables below provide the connectivity between remedies and chakra.

Balanced Energy	Excessive Energy	Deficient Energy	Ailments
Compassionate, loving, empathetic, self-loving, altruistic, peaceful, balanced, good immune system. Grow towards unconditional love, in touch with the feelings.	Co-dependency, poor boundaries, demanding, clinging, jealousy, overly sacrificing. Master of conditional love, moody and depressed.	Antisocial, withdrawn, cold, critical, judgmental, intolerant of self or others loneliness, isolation, depression, fear of intimacy, fear of relationships lack of empathy, narcissism, need for reassurance.	Disorders of the heart, lungs, thymus, breasts, arms, shortness of breath, sunken chest, circulation problems, Asthma, immune system deficiency, tension between shoulder blades, pain in chest, high blood pressure.

Remedy	Positive	Negative	Remedy Action
Agrimony	It makes one truly resilient, not hiding behind a false front of smiles. These people are life's optimists.	They are very sensitive, and will go to great lengths to avoid quarrels or disharmony. This sensitivity may cause nervous restlessness.	Helps to calm and focus the energy of the Heart Chakra so that the sufferer can achieve a true inner calm and balance.



# Our notes on Chakras – Anahata (#4)



Remedy	Positive	Negative	Remedy Action
Centaury	A strong character, knowing when to give, and when to be firm. One who can offer true service to others because they are never servile.	Weak-willed state which is eager to please. They drift into the most menial tasks.	It releases the pain and heals the heart so that the sufferer can once again face the world with a brave heart.
Holly	Warm-hearted, loving and generous people. They radiate love and happiness.	Opposite of heartfelt love, displaying emotions such as jealousy, bitterness, anger, envy, suspicion, rage, selfishness or any emotion which cuts off the heart energies of joy, openness.	It soothes and softens the over protectiveness of the heart to enable the more positive energies to flow once again releasing the negative emotions harboured within the heart.
Walnut	The wonderful quality of strength with balance. We have the strength and subtlety to handle changing circumstances without being thrown off course.	They are vulnerable by life's circumstances, unable to move on without feeling broken and damaged by the changes in our life.	It helps find the strength to deal with changing situations without losing balance. This does not mean that we will not experience some of the pain of change. We are supported in the balance of physical and spiritual flow.

**Tip:** In most cases there is a very good correlation between the chakras and the remedies. In certain cases it may seem that the remedy is more suited for another chakra. What should be kept in mind is that chakras are centers and the energy traverses to and from between them. A blockage in the chakra prevents the flow of energy causing the emotions.

# Our notes on Chakras – Vishuddha (#5)



The fifth chakra is the Vishuddha. It means to purify. This chakra is concerned with verbal communication and creativity. The color associated with this chakra is blue. It is associated with the element Ether and this has the mantra Ham (हं) associated with it. The child at around 7 years can visualize maps and develop her own creativity in form of symbols and expressions. This chakra is the filter that filters out the energy from the lower chakras. This is also known as the Throat Chakra. The tables below provide the connectivity between remedies and chakra.

Balanced Energy	Excessive Energy	Deficient Energy	Ailments
Resonant voice, good listener, good sense of timing and rhythm, clear communication, lives creatively, leans towards meditation and spiritual wisdom. Centred and contended.	Too much talking, talking as a defence, inability to listen, poor auditory, comprehension, gossiping, dominating voice, interruptions. Arrogance, self-righteousness and dogmatic nature.	Fear of speaking, small, weak voice, difficulty putting feelings into words, introversion, shyness, tone deaf, poor rhythm. Scared, timid, inconsistent, unreliable, devious, manipulative and afraid of sex.	Disorders of the throat, ears, voice, neck, tightness of the jaw, toxicity (due to the chakra’s name, which means “purification”). Exhaustion, digestive problems, weight problems, thyroid problems.

Remedy	Positive	Negative	Remedy Action
Chestnut Bud	They are keen observers of life and learn from their experiences.	They never learn from their mistakes. They repeat the same drama or get into the same mess time and time again. Everyone around them is at a loss to understand how they can be ‘in that situation again’.	The remedy helps these people to contact the energy of the Throat Chakra. This will enable them to release the distortion that blocks understanding.

# Our notes on Chakras – Vishuddha (#5)



Remedy	Positive	Negative	Remedy Action
Clematis	The energy of being grounded yet with a lively interest in life. Have a clear vision of where we are going and how we are going to get there.	Person is dreamy and disconnected from reality.	The remedy opens the gate between the mind and physical reality. Basically connects to the lower chakras especially the Base Chakra.
Honeysuckle	Ability to retain the wisdom gained from past experiences in a positive way.	People live in the past. They escape current reality.	Remedy helps us to live in and deal with the now. Improves connectivity to the Base Chakra.
Mustard	An unshakeable inner serenity and connection to the present.	Depression that comes out of a clear blue sky, for no apparent reason. Nothing helps to lift it.	Improves connectivity to the top chakras.
Olive	They have persistence to hold a long-term vision without giving up.	They have exhaustion that comes when the mind can take no more and snaps.	It connects us with the inner strength needed to continue this focus on the vision – connects to Brow Chakra.
White Chestnut	He can work on a problem with a calm clear mind unaffected by outside influences.	He does not get a clear vision of the solution to a problem.	We get a clear view of the resolution we are searching for with connections to the Brow Chakra.
Wild Rose	People are excited and enthusiastic about life.	They feels like giving up on life and accept it the way it is.	Reconnects us to the energy of our intended path in life, at the Throat Chakra.

# Our notes on Chakras – Ajna (#6)



The sixth chakra is the Ajna. It means to know or to command. This chakra is concerned with intuition. The color associated with this chakra is indigo. It is associated with the element Ether or Light and this has the mantra Om (ॐ) associated with it. The child at around 12 years can think like a scientist, to reason and philosophize about his life. This chakra gives ability to communicate with the world. This is also known as the Brow Chakra. The tables below provide the connectivity between remedies and chakra.

Balanced Energy	Excessive Energy	Deficient Energy	Ailments
Intuitive, perceptive, imaginative, good memory, good dream recall, able to think symbolically, able to visualize. There is no fear of death and unattached to the material possessions.	Hallucinations, delusions, obsessions, difficulty concentrating, nightmares. Proud, religiously dogmatic, manipulative and egomaniacs.	Insensitivity, poor vision, poor memory, difficulty seeing future, lack of imagination, difficulty visualizing, poor dream recall, denial, mono-polarized (one true right and only way). Over sensitive to feeling of others, non assertive.	Headaches, vision problems, sinus problems, catarrh, hay fever, sleeplessness, migraine and hormonal imbalances.

Remedy	Positive	Negative	Remedy Action
Beech	We recognise our own worth and value, and we also see with clarity the value of allowing everyone to excel in their own way.	We always find something to criticise and are never satisfied however much people try to be helpful. In this state, we have a tendency to be arrogant and bossy.	The remedy softens arrogance, helping us to find our centre of truth within which leads us to a love and tolerance for ourselves, and a connection to the oneness of the universe. Connects to the Heart Chakra.

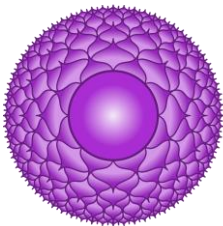


# Our notes on Chakras – Ajna (#6)



Remedy	Positive	Negative	Remedy Action
Chicory	We work from our centre of intuition, enabling us to give those around us appropriate support and the help they require, willingly and lovingly.	We demand attention the whole time. We are critical making demands of those around us like children.	We connect to our intuition we develop a sense of peace.
Rock Water	We have the unique quality of empathy combined with flexibility of mind and purpose.	We may not try to convert others to our viewpoint but we are unable to see that we could bend in any way concerning our own views.	Spring water would wear away something as hard and rigid as a rock, so in time it will even wear down and soften a rigid personality. Balances the Chakra by slowing it down.
Vervain	The quality of clear sightedness, of being calm and steadfast in the face of adversity.	They are forcefully opinionated, strong-willed and demanding. They need not only to be heard but that others agree with them.	The remedy re-establishes the equilibrium of inner steadfastness, outer love, service and tolerance. Speeds up the chakra and balances.
Vine	Connection to the intuitive centre of guidance and wisdom within helps us to develop as strong wise leaders.	It manifests as overbearing and dominating. The become clingy, not trusting that as one focus leaves their life, another can come in.	The remedy helps them to contact their inner intuitive leadership ability, rather than working from a state of arrogance. Slows down the chakra.

# Our notes on Chakras – Sahasrara (#7)

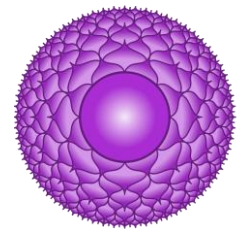


The seventh chakra is the Sahasrara. It means the thousand fold. This is a thousand petalled lotus which leads to the Supreme Divine. The color associated with this chakra is violet. This is an integrated state of our dual Nature. This is also known as the Crown Chakra. The tables below provide the connectivity between remedies and chakra.

Balanced Energy	Excessive Energy	Deficient Energy	Ailments
One is open to he divine energy. Ability to perceive, analyse, and assimilate information, intelligent, thoughtful, aware, open-minded, able to question, spiritually connected, wisdom and mastery, broad understanding	This causes frustrations and migraines. Over intellectualization, spiritual addiction, confusion, dissociation from body.	Indecision and lack of spark of joy. Spiritual cynicism, learning difficulties, rigid belief systems, apathy, excess in lower chakras—materialism, greed, domination of others	Brain diseases, migraines, phycological problems. Coma, brain tumors, amnesia, cognitive delusions

Remedy	Positive	Negative	Remedy Action
Heather	We can face any adversity that life presents to us because we draw our strength from the universe. When we can draw love and inspiration from the divine, adversity just melts away.	We try to hide our loneliness, emptiness and fear by grabbing onto others for help and support and then draining them.	The remedy helps us to amplify our inner connection to the divine. It will engender an ambiance of peace, love and tranquillity at all times.

# Our notes on Chakras – Sahasrara (#7)



Remedy	Positive	Negative	Remedy Action
Impatiens	They have a deep intuitive knowing, give the will of heaven time and space to unfold. This gives them the patience, which is needed to allow right action time to grow into good outcomes.	They fear that if they do not get things done now it will be too late and the opportunity will be gone forever. The disconnectedness manifests as a running around to sort things out rather than a connection to and trust in the divine.	The remedy helps to foster inner trust and calm. A sense that ultimately all beings are working together but at their own pace. There is no need to rush and push. Connects to the Brow Chakra for right vision.
Water Violet	A connection to our divine nature gives us natural poise, grace and dignity. We have an inner certainty that we are never 'alone' even when we are enjoying periods of solitude.	We stand aloof from others not realising that all beings have an inner connection. It is the aloofness of arrogance and lack of humility, which hardens the heart and leads to deep loneliness.	It will clear the blocks through the whole Chakra system allowing the lower energies to be revitalised and continue with their life task of transcending the physical back to spiritual energy.

**End note:** The problems of excessive and deficient energies in the chakras correlate very well with the negativity that the Bach remedies address. The positivity that the Bach Remedies provide correlate well with the balanced chakras. Thus Chakras provide a correlation with the seven grouping of the Bach Remedies. The chakras again are used in Ayurveda, Chinese Medicine, Acupressure, Acupuncture and even Homeopathy. Knowing this, it is possible for the practitioner to provide a better remedy to the needy by understanding them better. For those who want to use this for self medication they can also look at food and exercises to strengthen the Chakras along with the Bach Remedies.

# Our notes on Chakras – Repertory

Ailment	Chakra	Bach	Ailment	Chakra	Bach
<b>Abdominal cramps</b>	Solar Plexus Chakra	Vine, Agrimony, Larch, Walnut, Gentian, Cerato	<b>Backache</b>	Sacral Chakra, Root Chakra	Star of Bethlehem, Rock Rose, Clematis, Impatiens, Cherry Plum
<b>Acidity</b>	Solar Plexus Chakra	Agrimony, Walnut, Cerato, Gorse	<b>Bedwetting</b>	Sacral Chakra	Chicory, Crab Apple, Mimulus, Pine, Willow, Wild Rose, Star of Bethlehem, Mimulus, Aspen
<b>Addiction to junk food</b>	Sacral Chakra	Agrimony, Walnut, Cherry Plum, Red Chestnut	<b>Bereavement</b>	Root Chakra	Star of Bethlehem, Sweet Chestnut, Clematis, Honeysuckle, Walnut, Pine, Willow
<b>Addictions</b>	Root Chakra	Agrimony, Crab Apple, Star of Bethlehem	<b>Black Magic</b>	Sacral Chakra	Walnut, Cherry Plum, Centaury, Rock Rose
<b>Addictive Behaviour</b>	Root Chakra	Agrimony, Crab Apple, Star of Bethlehem	<b>Bladder</b>	Sacral Chakra	Chicory, Crab Apple, Mimulus, Pine, Willow, Wild Rose, Star of Bethlehem, Mimulus, Aspen
<b>Alcohol</b>	Sacral Chakra	Agrimony, Walnut, Cherry Plum, Red Chestnut	<b>Blindness</b>	Throat Chakra, Third Eye Chakra	Aspen, Clematis, Honeysuckle, Mimulus, Oak, Agrimony,
<b>Allergies</b>	Heart Chakra	Beech, Crab Apple, Holly, Walnut, Willow	<b>Blood circulation</b>	Heart Chakra	Gorse, Olive, Wild Rose, Walnut
<b>Alzheimer</b>	Crown Chakra, Throat Chakra, Heart Chakra	Clematis, Elm, Wild Oat, Walnut, White Chestnut, Honeysuckle, Holly	<b>Blood circulation to head</b>	Throat Chakra	Mustard
<b>Amnesia</b>	Crown Chakra, Throat Chakra	Clematis, Chestnut Bud	<b>Blood diseases</b>	Root Chakra	Gorse, Olive, Wild Rose, Star of Bethlehem
<b>Anaemia</b>	Root Chakra, Solar Plexus Chakra	Gorse, Olive, Wild Rose, Sweet Chestnut	<b>Blood Pressure</b>	Heart Chakra	Clematis, Olive, Holly, Impatiens, Oak, Vervain, Willow, Walnut
<b>Ankle problems</b>	Root Chakra	Oak, Rock water, Honeysuckle, Vine, Walnut, Rescue Remedy	<b>Bone disorders</b>	Root Chakra	Oak, Rescue Remedy
<b>Anorexia</b>	Root Chakra, Solar Plexus Chakra, Throat Chakra	Agrimony, Aspen, Mimulus, Chicory, Clematis, Holly, Olive, Rock Water, Star of Bethlehem, Wild Rose, Willow	<b>Bones</b>	Root Chakra	Oak, Hornbeam, Sweet Chestnut
<b>Anxiety</b>	Throat Chakra	Mimulus, Aspen, Red Chestnut, Rock Rose, Cherry Plum, Elm, White Chestnut, Scleranthus	<b>Brain Tumour</b>	Third Eye Chakra, Throat Chakra	Rock Water, Water Violet and Walnut, Star of Bethlehem, Gorse, Mustard
<b>Asthma</b>	Heart Chakra, Throat Chakra, Sacral Chakra	Rescue Remedy, Agrimony, Aspen, Mimulus, Crab Apple	<b>Breast Cancer</b>	Heart Chakra	Star of Bethlehem, Mimulus, Aspen, Agrimony, Walnut, Chestnut Bud



# Our notes on Chakras – Repertory

Ailment	Chakra	Bach	Ailment	Chakra	Bach
<b>Breast Feeding</b>	Sacral Chakra, Root Chakra, Heart Chakra	Rescue Remedy, Olive, Walnut	<b>Colic</b>	Sacral Chakra	Rock Rose, Rescue Remedy
<b>Bronchitis</b>	Throat Chakra, Heart Chakra	White Chestnut, Mimulus, Crab Apple, Walnut	<b>Colitis</b>	Root Chakra	Impatiens, Willow, Agrimony, Wild Oat
<b>Bulimia</b>	Solar Plexus Chakra	Crab Apple, Cherry Plum, White Chestnut, Star of Bethlehem, Rock Water, Gentian, Gorse	<b>Constipation</b>	Root Chakra	Aspen, Mimulus, Agrimony, Chestnut Bud, Beech, Crab Apple, Walnut, Willow, Star of Bethlehem, Impatiens, Cherry Plum, Clematis, Rock Rose
<b>Cancer of the breast</b>	Heart Chakra	Star of Bethlehem, Mimulus, Aspen, Agrimony, Walnut, Chestnut Bud	<b>Cough</b>	Heart Chakra	Hornbeam, Wild Rose, Agrimony
<b>Cancers</b>	Crown Chakra, Throat Chakra, Sacral Chakra	Star of Bethlehem, Mimulus, Aspen, Agrimony, Walnut, Chestnut Bud, Rescue Remedy	<b>Creative Blocks</b>	Sacral Chakra	Pine, Rock Water, Agrimony, Chestnut Bud, Larch, Holly, Mimulus
<b>Cataracts</b>	Third Eye Chakra	Rescue remedy, Crab Apple, Gorse, Wild Rose	<b>Crohn's disease</b>	Root Chakra	Impatiens, Willow, Agrimony, Wild Oat
<b>Cataracts</b>	Throat Chakra	Rescue remedy, Crab Apple, Gorse, Wild Rose	<b>Cystitis</b>	Root Chakra	Crab Apple, Impatiens, Rescue Remedy
<b>Catarrh</b>	Third Eye Chakra, Throat Chakra	Walnut, Crab Apple, Olive	<b>Deafness</b>	Throat Chakra, Third Eye Chakra	Chicory, Cerato, Agrimony, Clematis, Mimulus, Oak
<b>Chest Congestion</b>	Heart Chakra	Walnut, Crab Apple, Olive	<b>Depression</b>	Root Chakra, Crown Chakra	Mustard, Cerato, Holly, Larch, Pine, Sweet Chestnut, Gorse, Willow, Elm
<b>Chicken Pox</b>	Heart Chakra	Chicory, Impatiens, Crab Apple, Olive, Walnut	<b>Dermatitis</b>	Root Chakra, Sacral Chakra	Crab Apple, Impatiens, Rescue Remedy
<b>Chronic tiredness</b>	Throat Chakra, Solar Plexus Chakra	Rescue Remedy, Elm, Olive, White Chestnut, Sweet Chestnut, Hornbeam	<b>Diabetes</b>	Solar Plexus Chakra	Walnut, Scleranthus, Red Chestnut, Wild Rose, Centaury
<b>Circulation problems</b>	Heart Chakra	Gorse, Olive, Wild Rose, Walnut	<b>Diarrhoea</b>	Root Chakra	Impatiens, Walnut, Agrimony, Willow, Crab Apple
<b>Coeliac's disease</b>	Solar Plexus Chakra	Larch, Impatiens, Agrimony, Gentian	<b>Digestive Problems</b>	Solar Plexus Chakra, Sacral Chakra	Agrimony, Chestnut Bud, Beech, Crab Apple, Walnut, Willow, Star of Bethlehem, Impatiens, Cherry Plum, Clematis, Rock Rose
<b>Cold feet</b>	Root Chakra	Clematis, Elm	<b>Dizziness</b>	Crown Chakra, Throat Chakra	Scleranthus, Aspen, Gentian, Rescue Remedy, Clematis

# Our notes on Chakras – Repertory

Ailment	Chakra	Bach	Ailment	Chakra	Bach
<b>Drugs</b>	Throat Chakra	Agrimony, Gorse, Star of Bethlehem, Sweet Chestnut, Pine, Mustard	<b>Fear</b>	Crown Chakra, Sacral Chakra	Mimulus, Agrimony, Aspen, Cherry Plum, Red Chestnut
<b>Dyslexia</b>	Third Eye Chakra, Throat Chakra	Clematis, Wild Rose, Chestnut Bud, Vervain, Star of Bethlehem	<b>Fertility issues</b>	Sacral Chakra	Willow, White Chestnut, Pine, Olive, Gorse, Mimulus
<b>Ear Infections</b>	Throat Chakra	Olive, Impatiens, Rescue Remedy	<b>Fibroid</b>	Sacral Chakra	Wild Oat, Walnut, Scleranthus, Wild Rose, Mimulus
<b>Eating disorder</b>	Solar Plexus Chakra	Crab Apple, Cherry Plum, White Chestnut, Star of Bethlehem, Rock Water, Gentian, Gorse	<b>Food Allergies</b>	Solar Plexus Chakra	Beech, Cherry Plum, Crab Apple, Gorse, Walnut, Willow
<b>Eczema</b>	Root Chakra, Sacral Chakra	Red Chestnut, Crab Apple, Vervain, Rescue Remedy, Impatiens, Beech, Holly, Impatiens Larch, Willow, Walnut	<b>Frequent urination</b>	Root Chakra	Rescue remedy, Cherry Plum, Mimulus, Crab Apple, Clematis
<b>Endometriosis</b>	Sacral Chakra	Star of Bethlehem, Crab Apple, Walnut, Mimulus, Willow, Impatiens	<b>Frigidity</b>	Sacral Chakra	Willow Gentian, Agrimony, Crab Apple, Mimulus, Olive, Pine, Star of Bethlehem,
<b>ENT</b>	Throat Chakra	Hornbeam, Olive, Wild Rose	<b>Gall bladder problems</b>	Solar Plexus Chakra, Root Chakra	White Chestnut, Mimulus, Crab Apple, Walnut, Rescue Remedy, Willow, Vine, Agrimony
<b>Epilepsy</b>	Crown Chakra, Throat Chakra	Honeysuckle, Rock Rose, Walnut	<b>Gambling</b>	Root Chakra	Agrimony, Crab Apple, Star of Bethlehem, Chestnut Bud, Cherry Plum, Honeysuckle, Aspen, Pine, White Chestnut
<b>Erectile Dysfunction</b>	Root Chakra	Larch, Sweet Chestnut, Gentian, Crab Apple, Elm, Rescue Remedy	<b>Gastritis</b>	Solar Plexus Chakra	Aspen, Mimulus, White Chestnut, Gentian, Crab Apple, Walnut
<b>Eye Problems</b>	Third Eye Chakra, Throat Chakra	Aspen, Clematis, Honeysuckle, Mimulus, Oak, Agrimony	<b>Glaucoma</b>	Root Chakra, Throat Chakra	Honeysuckle, Vine, Rescue Remedy, Agrimony, Elm, Holly, Crab Apple,
<b>Fainting spells</b>	Throat Chakra	Scleranthus, Aspen, Gentian, Rescue Remedy, Clematis, Rock Rose	<b>Grinding Teeth</b>	Sacral Chakra	Elm, Red Chestnut, Aspen, Mimulus
<b>Fatigue</b>	Heart Chakra	Clematis, Elm, Hornbeam, Oak, Olive, Walnut, Wild Rose	<b>Headache</b>	Crown Chakra, Throat Chakra	Mimulus, Aspen, Red Chestnut, Rock Rose, Cherry Plum, Clematis, Impatiens, Oak, Pine, Vervain, White Chestnut, Rescue Remedy

# Our notes on Chakras – Repertory

Ailment	Chakra	Bach	Ailment	Chakra	Bach
Hearing problems	Throat Chakra	Chicory, Cerato, Agrimony, Clematis, Mimulus, Oak	Impotence	Root Chakra, Sacral Chakra	Larch, Crab Apple, Pine, Agrimony, Rock Water, White Chestnut, Wild Rose, Rescue Remedy
Heart Diseases	Heart Chakra	Aspen, Rescue Remedy, Elm, Holly, Willow, Agrimony, Impatiens, Vervain, Oak, Crab Apple, Olive, Scleranthus	Influenza	Heart Chakra	Mimulus, White Chestnut, Rock Rose, Cherry Plum, Red Chestnut, Crab Apple, Walnut, Hornbeam, Olive, Mustard
Heartburn	Solar Plexus Chakra	Aspen, Mimulus, White Chestnut, Gentian, Crab Apple, Walnut	Insomnia	Third Eye Chakra, Crown Chakra, Throat Chakra	Scleranthus, Rock Water, Vine, Elm, Beech, Impatiens, Olive, Vervain, Agrimony, Rock Rose
Haemorrhoids	Root Chakra	White Chestnut, Walnut, Crab Apple, Hornbeam, Olive	Irritable bowel syndrome	Sacral Chakra	Gentian, Crab Apple, Gorse, Hornbeam, Olive, Mimulus, Clematis
Hepatitis	Solar Plexus Chakra, Sacral Chakra	White Chestnut, Mimulus, Crab Apple, Olive, Red Chestnut	Itching	Root Chakra	Beech, Cherry Plum, Crab Apple, Gorse, Walnut, Willow, Scleranthus, Sweet Chestnut, White Chestnut
High blood pressure	Throat Chakra, Heart Chakra	Larch, Centaury, Aspen, Red Chestnut, Scleranthus, Walnut, Mimulus, White Chestnut	Jaundice	Solar Plexus Chakra, Root Chakra	White Chestnut, Mimulus, Crab Apple, Olive, Red Chestnut
Hips	Root Chakra, Sacral Chakra	Impatiens, Rescue Remedy, Gorse, Gentian, Star of Bethlehem, Mimulus, Holly, Red Chestnut, Heather, Walnut	Kidney problems	Sacral Chakra, Root Chakra	Walnut, Mimulus, Rescue Remedy, Crab Apple, Mimulus
Hormonal imbalance	Throat Chakra	White Chestnut, Mimulus, Larch, Impatiens	Knee problems	Root Chakra	Walnut, Mimulus, Rescue Remedy, Crab Apple, Mimulus, Cherry Plum
Hypertension	Throat Chakra, Root Chakra, Sacral Chakra	White Chestnut, Mimulus, Red Chestnut, Gentian, Larch, Centaury, Aspen, Scleranthus	Labour Pains	Root Chakra, Throat Chakra	Rescue Remedy, Clematis, Wild Rose, Hornbeam, Larch, Sweet Chestnut, Olive, Impatiens
Hypertension	Root Chakra	White Chestnut, Mimulus, Red Chestnut, Gentian, Larch, Centaury, Aspen, Scleranthus	Learning difficulties	Crown Chakra, Throat Chakra	Clematis, Wild Rose, Chestnut Bud, Vervain, Star of Bethlehem, Vervain, Cerato, Scleranthus
Hyperventilation	Heart Chakra	Rescue Remedy, Elm, Aspen, Walnut	Leg cramps	Root Chakra	Impatiens, Rescue Remedy, Star of Bethlehem
Immune disorders	Heart Chakra, Crown Chakra, Root Chakra	Holly, Elm, Mimulus, Aspen, Larch	Liver problem	Solar Plexus Chakra, Root Chakra	White Chestnut, Mimulus, Crab Apple, Olive, Red Chestnut, Willow, Holly, Impatiens, Mustard, Wild Rose, Elm, Oak

# Our notes on Chakras – Repertory

Ailment	Chakra	Bach	Ailment	Chakra	Bach
<b>Lost Voice</b>	Throat Chakra	Walnut, Crab Apple, White Chestnut	<b>Nail biting</b>	Heart Chakra	Agrimony, Holly, Walnut, Chestnut Bud
<b>Lungs</b>	Heart Chakra	Rescue Remedy, Aspen, Agrimony, Mimulus, Crab Apple, Gentian, Heather, Larch, Star of Bethlehem, Impatiens, Wild Oat, Clematis, Gorse, Mustard	<b>Nervous Breakdowns</b>	Throat Chakra	Cherry Plum, Oak, Scleranthus, Vervain, Agrimony, White Chestnut
<b>Menopause</b>	Sacral Chakra	Impatiens, Mustard, Olive, Scleranthus, Mimulus, Gorse, Walnut	<b>Nervous system disorders</b>	Crown Chakra	Heather, Chicory, Holly, Crab Apple, Mimulus, Water Violet
<b>Menstrual Problems</b>	Sacral Chakra	Impatiens, Mustard, Olive, Scleranthus, Mimulus, Gorse, Walnut	<b>Nervousness</b>	Throat Chakra, Sacral Chakra	Mimulus, Aspen, Impatiens, Larch
<b>Menstrual Problems</b>	Root Chakra	Impatiens, Mustard, Olive, Scleranthus, Mimulus, Gorse, Walnut, Crab Apple	<b>Neurosis</b>	Crown Chakra	Heather, Chicory, Holly, Crab Apple, Mimulus, Water Violet
<b>Migraine</b>	Third Eye Chakra, Crown Chakra, Throat Chakra, Root Chakra	Mimulus, Aspen, Red Chestnut, Rock Rose, Cherry Plum, Clematis, Impatiens, Oak, Pine, Vervain, White Chestnut	<b>Obesity</b>	Root Chakra	Crab Apple, Pine, Larch, Agrimony, Walnut, Centaury, Wild Rose, Gorse, Gentian
<b>Miscarriages</b>	Sacral Chakra	Rock Rose, Mimulus, Star of Bethlehem, Walnut,	<b>Ovarian cysts</b>	Sacral Chakra	Walnut, Honeysuckle, Red Chestnut, Wild Oat, Impatiens
<b>Money addiction</b>	Root Chakra	Agrimony, Crab Apple, Star of Bethlehem, Chestnut Bud, Cherry Plum, Honeysuckle, Aspen, Pine, White Chestnut	<b>Over-eating</b>	Sacral Chakra	Crab Apple, Cherry Plum, White Chestnut, Star of Bethlehem, Rock Water, Gentian, Gorse
<b>Mouth Ulcers</b>	Root Chakra	Rescue Remedy, Crab Apple, Impatiens, Holly, Willow	<b>Pain at base of spine</b>	Root Chakra	Gorse, Rescue Remedy, Walnut, Heather, Red Chestnut, Holly, Star of Bethlehem
<b>Multiple personality syndrome</b>	Crown Chakra, Throat Chakra	Mimulus, Mustard, Rescue Remedy, Star of Bethlehem, Cherry Plum, White Chestnut, Gorse	<b>Pain in lower arms/hands</b>	Heart Chakra, Root Chakra	Rescue Remedy, Cherry Plum, Elm, Impatiens, Chicory,
<b>Multiple Sclerosis</b>	Crown Chakra	Chestnut Bud, Pine, Holly, Chicory, Water Violet	<b>Pancreatitis</b>	Solar Plexus Chakra	Walnut, Scleranthus, Olive, Rescue Remedy
<b>Mumps</b>	Root Chakra	Rescue Remedy, Willow	<b>Paralysis</b>	Crown Chakra, Sacral Chakra	Agrimony, Willow, Chestnut Bud, Cherry Plum, Rescue Remedy
<b>Muscle cramps / Spasms</b>	Sacral Chakra	Rescue Remedy, Impatiens, White Chestnut, Mimulus, Olive	<b>Parkinson's disease</b>	Crown Chakra, Sacral Chakra	Elm, Oak, Clematis, Vine, Mimulus, Larch, White Chestnut, Gorse, Rescue Remedy



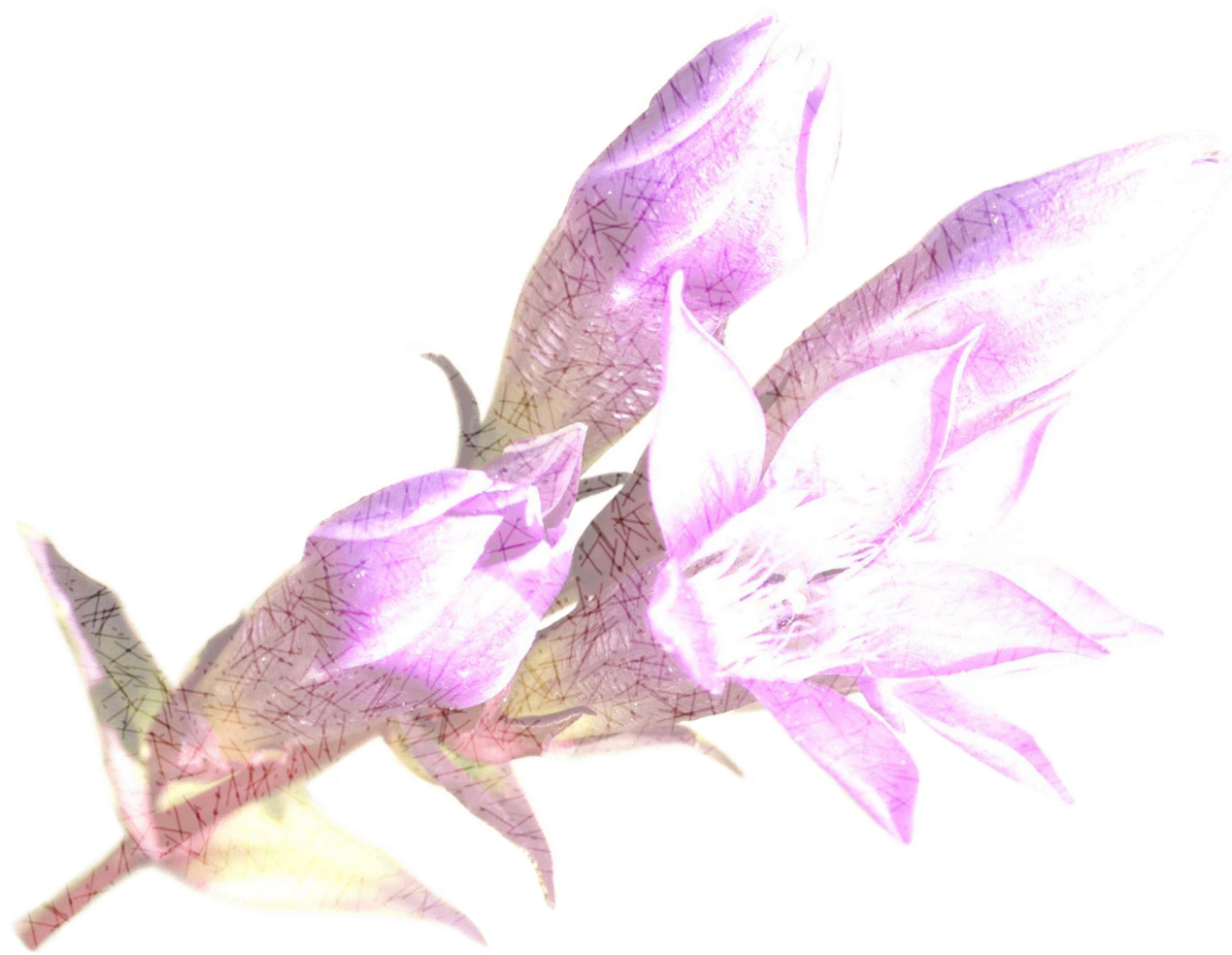
# Our notes on Chakras – Repertory

Ailment	Chakra	Bach	Ailment	Chakra	Bach
<b>Peptic Ulcer</b>	Solar Plexus Chakra, Root Chakra	Elm, Oak, Impatiens, Mimulus, Chicory, Holly, Willow, Star of Bethlehem, Rescue Remedy	<b>Sciatica</b>	Root Chakra	Vervain, Oak, Olive, Vine Scleranthus, Rescue Remedy
<b>Phobias</b>	Sacral Chakra	Mimulus, Aspen, Rock Rose, Cherry Plum, Red Chestnut, Rescue Remedy	<b>Senile dementia</b>	Crown Chakra, Throat Chakra	Clematis, Elm, Wild Oat, Walnut, White Chestnut
<b>Piles</b>	Root Chakra	White Chestnut, Walnut, Crab Apple, Hornbeam, Olive	<b>Sexual Problems</b>	Sacral Chakra	Mimulus, Rock Water Rescue Remedy
<b>PMT/ Pre-menstrual syndrome</b>	Sacral Chakra, Root Chakra	Impatiens, Mustard, Olive, Scleranthus, Mimulus, Gorse, Walnut, Scleranthus, Crab Apple, Cherry Plum	<b>Shingles</b>	Solar Plexus Chakra, Sacral Chakra	Rescue Remedy, Walnut, Mimulus, Aspen, Vervain
<b>Pneumonia</b>	Heart Chakra	Rescue Remedy, Aspen, Agrimony, Mimulus, Crab Apple, Gentian, Heather, Larch, Star of Bethlehem, Impatiens, Wild Oat, Clematis, Gorse, Mustard	<b>Shortness of breath</b>	Heart Chakra	Rescue Remedy, Aspen, Agrimony, Mimulus, Crab Apple, Gentian, Heather, Larch, Star of Bethlehem, Impatiens, Wild Oat, Clematis, Gorse, Mustard
<b>Pregnancy Problems</b>	Root Chakra, Heart Chakra	Olive, Crab Apple, Rescue Remedy	<b>Sinus problems</b>	Third Eye Chakra	Olive, White Chestnut, Crab Apple, Mimulus, Walnut
<b>Prostate cancer</b>	Root Chakra, Sacral Chakra	Impatiens, Mustard, Olive, Scleranthus, Mimulus, Gorse, Walnut, Wild Oat, Larch, Wild Rose	<b>Sinus Problems</b>	Throat Chakra	Olive, White Chestnut, Crab Apple, Mimulus, Walnut
<b>Psychosis</b>	Crown Chakra, Root Chakra	Star of Bethlehem, Sweet Chestnut, Clematis, Honeysuckle, Walnut, Pine, Willow	<b>Skin problems</b>	Root Chakra	Beech, Crab Apple, Holly, Impatiens, Larch, Willow, Crab Apple
<b>Rectal cancer</b>	Root Chakra	Scleranthus, Honeysuckle, Rock Rose, Chicory, Agrimony, Sweet Chestnut	<b>Sleep disorders</b>	Heart Chakra	Scleranthus, Rock Water, Vine, Elm, Beech, Impatiens, Olive, Vervain, Agrimony, Rock Rose
<b>Respiratory problem</b>	Heart Chakra	Rescue Remedy, Aspen, Agrimony, Mimulus, Crab Apple, Gentian, Heather, Larch, Star of Bethlehem, Impatiens, Wild Oat, Clematis, Gorse, Mustard	<b>Smoking</b>	Heart Chakra, Solar Plexus Chakra	Agrimony, Crab Apple, Star of Bethlehem, Chicory, Cherry Plum, Larch
<b>Scalp problems</b>	Root Chakra	Crab Apple, Larch, Rescue Remedy	<b>Sore throats</b>	Throat Chakra	Walnut, Crab Apple, White Chestnut
<b>Schizophrenia</b>	Crown Chakra, Root Chakra	Scleranthus, Sweet Chestnut, Star of Bethlehem	<b>Spine problem</b>	Root Chakra	Centaury, Larch, Mimulus, Mustard, White Chestnut, Gorse, Cherry Plum, Rescue Remedy

# Our notes on Chakras – Repertory

Ailment	Chakra	Bach	Ailment	Chakra	Bach
<b>Stomach problems</b>	Solar Plexus Chakra, Sacral Chakra, Root Chakra	Elm, Oak, Impatiens, Mimulus, Chicory, Holly, Willow, Star of Bethlehem, Rescue Remedy	<b>Ulcers</b>	Solar Plexus Chakra, Root Chakra	Elm, Oak, Impatiens, Mimulus, Chicory, Holly, Willow, Star of Bethlehem, Rescue Remedy
<b>Teeth &amp; Gums</b>	Throat Chakra, Heart Chakra	Centaury, Gentian, Larch, Hornbeam, Holly, Oak, Vervain, Vine, Agrimony, Elm, Walnut	<b>Upper digestive tract</b>	Throat Chakra, Root Chakra	Elm, Oak, Impatiens, Mimulus, Chicory, Holly, Willow, Star of Bethlehem, Rescue Remedy
<b>Tension</b>	Throat Chakra, Root Chakra	Agrimony, Cherry Plum, Elm, Impatiens, Mimulus, Oak, Vervain, Larch	<b>Uterine fibroids</b>	Sacral Chakra	Wild Oat, Walnut, Scleranthus, Wild Rose, Mimulus, Cherry Plum
<b>Tension headache</b>	Third Eye Chakra, Throat Chakra	Mimulus, Aspen, Red Chestnut, Rock Rose, Cherry Plum, Clematis, Impatiens, Oak, Pine, Vervain, White Chestnut	<b>Varicose</b>	Root Chakra	Impatiens, Larch, Sweet Chestnut and Chicory
<b>Testicular disease</b>	Sacral Chakra	Larch, Crab Apple, Pine, Agrimony, Rock Water, White Chestnut, Wild Rose, Rescue Remedy, Mimulus	<b>Visual defects</b>	Third Eye Chakra	Aspen, Clematis, Honeysuckle, Mimulus, Oak, Agrimony
<b>Thyroid problems</b>	Throat Chakra	Scleranthus, Impatiens, Cerato, Chestnut Bud, Pine	<b>Visual effects</b>	Throat Chakra	Aspen, Clematis, Honeysuckle, Mimulus, Oak, Agrimony
<b>Tinnitus</b>	Throat Chakra, Crown Chakra	Impatiens, Agrimony, Rescue Remedy	<b>Vomiting</b>	Throat Chakra, Solar Plexus Chakra	Cherry Plum, Crab Apple, Olive, Willow
<b>Tiredness</b>	Crown Chakra, Throat Chakra	Rescue Remedy, Olive, Oak, Hornbeam, Walnut, Impatiens	<b>Weight gain / loss</b>	Root Chakra	Agrimony, Cherry Plum, Cerato, Chestnut Bud, Crab Apple, Walnut, Centaury, Gorse Gentian
<b>Tonsillitis</b>	Throat Chakra	Rescue Remedy, Walnut, Crab Apple, White Chestnut	<b>Womb problem</b>	Sacral Chakra	Impatiens, Mustard, Olive, Scleranthus, Mimulus, Gorse, Walnut
<b>Tremor</b>	Crown Chakra, Heart Chakra, Throat Chakra, Sacral Chakra	Aspen, Scleranthus, Rescue Remedy			

**End note:** We did an analysis to find out if the correlation between the Chakras and Bach remedy is valid. We have found that 87.55% match exists as per the data in these tables between the Chakras and the Bach remedies. There is at least 1 remedy matching 40.77% times in a row and 2 remedies match 29.18% times in a row. This is a good correlation. We have done a statistical analysis and added a few chakras against the ailments.



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Pushpagana (Flower-Song)

# A Bach Flower Story

Dr Edward Bach wrote small stories and parables to illustrate the flower vibrations and characteristics. This is seen in “The Story of Travelers and other Remedy Stories”. He starts, "Once upon a time; and it is always once upon a time sixteen travellers set out to journey through a forest ..." This is the story of the twelve healers and the four helpers. As they travel through the forest they exhibit their negative characters. Mimulus becomes afraid. Cerato does not have any confidence and Centaury is always ready to lighten someone's burden by carrying it for them. They come out of the forests and now that they are through they guide others through the forest. Mimulus knows no fear and Centaury looks out for the weakest to lighten the burden.

Barrett C. M in his book also follows the same principle. The story of Centaury is indeed enlightening in his book. He tells the story in Cinderella's own words for this. The characters and stories remain etched in one's mind and this helps in understanding the remedies better.

The Indian epic Mahabharata is full of characters and each one of them shows a typical flower characteristic. Bheema is cheerful but worries about his brothers (Agrimony), Duryodhana is full of jealousy and hate (Holly), Yudhishthira is the Oak, Kunti the Red Chestnut, Vidura the Rock Water, and of course Bheeshma the Beech. We bring out a Bach Flower story based on the South Indian traditional dance and story telling theatre form Yakshagana (Yaksha – demigods, gana – song) as Pushpagana (Pushpa – flowers, gana – song). This is a story of a king and his kingdom which is undergoing a pandemic brought about by the North wind. Hope you like it.



# Pushpagana – Scene 1 Kings Courtroom

**Bhagvatha**  
**(The narrator)**

Long long time ago, the kingdom of Pushpanagari was going through a crisis. It was a crisis never seen before in any kingdom or in history. It is said that the Prophecy was that a black wind would blow from the North bringing with it a dreaded disease Mahamari, that humankind had never seen. It was up to the Flower Spirits of Pushpanagari to protect the denizens. This dreaded disease spread by contact and cough and sneezing and the citizens of Pushpanagari were told to avoid contact. People on one side were afraid of the disease and on the other side the business caste wanted to ensure that they prospered. Maharaja Oak Rajvansh was in a dilemma and was consulting his court for advice and ways to protect his citizens.

**Voices heard in  
background**

**(All courtiers are seated and the center throne is empty)**

**Courtiers Voice**

All rise, The great king of Pushpanagari His Highness Maharaja Oak Rajvansh is on the way.

**King's voice**

For heavens sake Mr. Pine Biswas would you please stop fussing about my headgear. It is good as it is.

**Pine Biswas (King's  
valet and right hand)**

I am very sorry, Your Highness, but then I can see that it is about 1 cm off on the left side, Sire. I am truly sorry, Sire. I will try to make it perfect tomorrow. I am truly sorry Sire.

**King Oak**

Please Pine, may the Flower Spirits help you with your guilt. I am very happy with your services and the perfection you bring to my life. Why don't you write down all the mistakes you made in a day in a paper and burn it every night. I am sure this will help you. Please try this. Now lets see to the affairs of the day.

**(King Oak enters the court with Mr. Pine Biswas. All courtiers stand with a smile on the exchange they have heard.)**

**King Oak**

Venerable, Great Uncle, I seek your blessings to begin the proceeding of the day.

**Ven. Beech Rajvansh**

May the Flower Spirits of Pushpanagari protect you. Please begin.

**King Oak**

The most important decision to be made today is - do we lockdown the kingdom or not? Prime Minister Elm what do we have on this. I hope you have assigned this to the right person.

**Mr. Elm Mantri**

Your Highness I have assigned this task to Mr. Cerato Kulkarni – he will brief you.

# Pushpagana – Scene 1 Kings Courtroom

Mr. Cerato Kulkarni	<p>Your Highness, I have carried out a deep study of this topic. I have asked all the people in the palace, I have gone around the city asking important members of the various castes. All of them have advised me very well on this important topic. I understand the pros and cons of the aspect. You see Your Highness ...</p> <p><b>(Droning voice continues, Cerato is gesturing around, courtiers are yawning)</b></p>
King Oak	<p>Hold on Mr. Cerato. I appreciate your extensive knowledge gained by your enquiring mind in such a short time. Can we have your decision on this important topic, If you please?</p>
Mr. Cerato Kulkarni	<p>Your Highness, I have not been able to decide so far. What one community says seems okay but then the other community says also seems true. I have not slept the whole night in trying to wrestle with the decision, Sire.</p>
Prime Minister Elm Mantri	<p>Well, Mr. Cerato, let me help you decide. Lets us toss the fair coin of Pushpanagari. If it falls Petals its Lockdown, if it falls Stems then no Lockdown. What do you choose?</p>
Mr. Cerato Kulkarni	<p>Petals, my Lord.</p>
Prime Minister Elm	<p>Sire, I think we will then go for a Lockdown of the state. We need to deliberate on this aspect now.</p>
Mr. Cerato Kulkarni	<p>But, Lord, we, you have not tossed the coin.</p>
King Oak	<p>We need not Mr. Cerato. I am so happy to have an intelligent Prime Minister in my court. You see Mr. Cerato, you dread making the decision and taking the responsibility. Your soul understands that it should be a lock down and that is why you selected Petals. We need not toss a coin, we respect your decision and take full responsibility for it. Rest your mind Mr. Cerato.</p>
Ven. Beech Rajvansh	<p>Sadhu, Sadhu, well said <b>(A smile breaks his stern face)</b>. Courtiers repeat Sadhu Sadhu.</p>
King Oak	<p>We require, the police chief and the army head in court. I can see our army head Senapathi Vine Khatri is present. Where is Mr. Crab Apple Kotwal. <b>[Mr. Kotwal raises his hands]</b></p> <p>Good heavens, Mr. Kotwal what sort of a get up is this? You are covered head to toe and what are those bottles hanging around your waist.</p>
Mr. Crab Apple Kotwal	<p>It is the Mahamari, the plague, Your Highness that I dread. I need to be able to clean up and after the pandemic effecting our state I feel a need to take bath five times in day. The bottles are a herbal decoction made by our esteemed doctor which helps me clean up my hands. Its 99% alcohol he says. See, I have balanced two bottles on each side of my waist.</p>

# Pushpagana – Scene 1 Kings Courtroom

King Oak	We will require your expertise in cleanliness and crowd control. Let us see how many areas are affected badly with the Mahamari and plan to deploy the forces accordingly. The police will ensure law and order as always. I will ask Senapathi Vine to set up kitchens and deploy his men for critical help in case of extreme situations. You all need to set up coordination teams. Senapathi Vine I hope you have enough resources to manage the border and the internal situations.
Senapathi Vine Khatri	Your Highness, My people will be ready to put down any untoward incidents. I will personally ensure, even with a show of force that peace is maintained. The people need to see that, what I am saying is right and obey.
King Oak	Senapathi Vine, I have complete confidence in you and do understand that you balance the Leadership and Lordship qualities very well. I would like to however iterate again that please consult with the local leaders and do your tightrope walk. The times are bad and people need care, attention, love and advice. Force may not be the only means.
Ven. Beech Rajvansh Prime Minister Elm	Where is that Prince Vervain? He is away in the mountains preaching and teaching the tribes. He is doing a good job there but he does get carried away thinking that his way is the only way, and he being very enthusiastic about it, he pushes many to follow him.
Ven. Beech Rajvansh	Ask him to bring his team and let him work with Senapathi Vine to help the people. Let him understand that having followers for his idea is not the only goal. He can always lead the horse to the water but he cannot make it drink.
King Oak	Very well said Venerable Uncle. I will dispatch a messenger to brother Vervain. He can use his vision and eloquence to better help the people in this situation. Let him lead by example.
Ven. Beech Rajvansh	Where are the Princes, Son Oak? I would expect the next generation to learn about statecraft. Are they sleeping? This is indeed <i>intolerable</i> . I may be old and considered a little senile but I can clearly see that the trend is not good. I expect the young princes to be in court and take part in it. You are perhaps a little over indulgent.
King Oak	I will talk to them Venerable Uncle. I may be so Uncle but I still remember riding your back till you got my first pony long ago.
Ven. Beech Rajvansh	(Smiling) King Oak, you are still a dear and have indeed surpassed my expectations. It is time for my meditation and commune with Nature. I will be available in case required. May the Divine Flowers give you the strength and direction in these times.

(Beech Rajvansh gets up, erect and majestic, and leaves. The courtiers look relieved and sigh)

# Pushpagana – Scene 1 Kings Courtroom

**Prime Minister Elm Mantri**

Your Highness, Now that Venerable Uncle has gone, I would like to tell you that you look tired and nearly at the end of your energy levels. You need to take rest sometimes. Your focus on this crisis and the death and suffering of the people is getting to you slowly. We all know that like the oak tree you are strong and the respected leader for us. We will lay down our lives for your Sire. Kindly delegate responsibility to us so that we can share your burden. Please remember that the Oak branches break, they do not bend like Elm!

**King Oak**

A Ha, What about you Prime Minister Elm? You don't look that good yourself. You really look overwhelmed, to me! It is perhaps a temporary lapse and I am sure the Flower Spirits will give you the energy to take up your responsibility.

**Prime Minister Elm Mantri**

It is only my age perhaps, Your Highness. I am no longer young and perhaps I am taking on too many things to chew. I sometimes do find myself, as you say, overwhelmed but when I see you tirelessly working I feel energised again, Sire. Long live his Majesty King Oak Rajvansh of Pushpanagari.  
**(The courtiers rise and cheer Jai Maharaja Oak!)**

**King Oak**

Another important thing to discuss, is astronomy. What are the planetary positions today Mr. Clematis Purohit? I notice that you have been looking at the skies and the future every night. I understand that you have indeed missed a few dinners these days. So please tell us what can we expect?

**Mr. Clematis Purohit**

Your Highness, I have my head in the clouds and I sometime do live in the future world, lost to the ground below me. I wonder if there are people in these distant planets, are they suffering any Mahamari like us? I will not be able to predict the future as you know Your Highness. I leave it to the esteemed and respectful Mr. Water Violet Joshi, our state astrologer.

**Prime Minister Elm**

Your Highness, may I suggest you and Mr. Clematis take a walk around the flowers. It will give you the relaxation you so much require and help ground our astronomer to the realities of life.

**King Oak**

Well said Prime Minister Elm. I will indeed do that. It would be mutually beneficial. Now Respectful Water Violet Joshi what does the future hold for Pushpanagari?

**Mr. Water Violet Joshi**

**(Takes the shells and puts it on his board)** You Highness, based on the timing of the Prashna (question), I predict we are not out of the woods yet. This Mahamari will wipe out a substantial number of our citizens. Times are not good Your Highness.

# Pushpagana – Scene 1 Kings Courtroom

Mr. Water Violet Joshi	I am sorry, Your Highness, I cannot sweeten my words anymore. Times ahead are also very bad. I predict loss in trade and increase in poverty. Your coffers will be stressed to their limits. The bad planets are ruling the moment.
King Oak	I understand, respectful One. We indeed require your advice and blessings in these dire times. I have a request for you. You can provide our people the view into the future. I am very well aware that you desire not to be disturbed and do indeed help people in need. I request you to be more approachable. Can you find some means to interact with our citizens and help them out? Prime Minister Elm can support you in this activity.
Mr. Water Violet Joshi	As you wish Your Highness. I can make myself available in the temple courtyard after the morning worship. I will see anyone in need and help them the best I can. I will request Mr. Kotwal to ensure order.
King Oak	Seeing as we have a very dire prediction of our time, I would request our Guru Acharya Rock Water Kashyap to advice us on how to get help from the Flower Spirits.
Guru Acharya Rock Water Kashyap	Son, Your Highness, all of us need to pray to the Universe to deliver us from these bad times. I have taken a vow to fast and not take any afternoon meals till the state regains its earlier glory. I will suggest the citizens pray to the Sun God and take His energy by daily offering flowers in their homes. I will not advice everyone to flock to the temples but pray in their house. Let them light a lamp at sunset in the four directions and pray for forgiveness for the wrongs they have done to Nature. I will not ask all to fast or forgo a meal or a dish they like most but I myself will do so and people willing can take up this as required if they want.  (All rise and turn towards the Guru with folded hands. May the Flower Spirits protect us, they chorus)
Mr. Pine Biswas	(Whispers) Sire, you wanted to look at the finances today morning.
King Oak	Good lord yes! Where is our Finance Minister Mr. Mustard Dhar. Oh there you are, why this gloominess, Mr. Mustard, why does it seem like a dark cloud is hanging on your bald head, why so depressed? Are our finances really that bad?
Mr. Mustard Dhar	The finances are not that bad, Sire. It seems that I have suddenly lost my energy flow. I feel like a cook who does not use spices in his dishes. I know not the reason for this gloom, Sire. It comes on suddenly even on a sunny day!



# Pushpagana – Scene 1 Kings Courtroom

King Oak

Oh Mr. Mustard, they say “if ye have faith, even as a tiny mustard seed, then nothing shall be impossible to you.” Let us sort our finances and then Flower Spirits willing, we will lift this gloom off you. Perhaps all you require is a good sun and some good food and music. Draw the curtains off your ledger room and venture out.

Prince Impatiens

Good morning father, Your Highness! The sun shines really bright, perhaps as it is 10 in the morning.

King Oak

There you are my Impatient boy. You need to visit the courtroom more often my boy. At least be here when Venerable, Great Uncle is present.

Prince Impatiens

Hmmrrrh... Sire, I do not have time for these meetings, there is so much to do out there. So many out there cannot do their work properly. I am tired of them. I can do their work so much more efficiently. I am really tired of them.

Rajvansh

King Oak

Beware my son of this feeling. Everyone of us has a task in this Flower World. We are here to do that task to the best of our ability. We need to understand that time does indeed seem to go away but it is sometimes very easy and soothing to observe it flow by you like a stream. Meditate and enjoy the way the flower seller meticulously ties each flower into a beautiful garland. See her finish the garlands in a steady manner, getting their good vibrations into her life.

Prince Chestnut Bud

(Walks in a with bandages and limping). A very good morning respectful father, Your Highness. I am really sorry that I could not make it to the courtroom in time. I seem to never learn from my mistakes. It seems like I have forgotten the mistakes I have made and keep making them again and again. I don't seem to learn from them at all. Today, I again climbed the horse from the wrong side. He was not a little bit happy about it.

Rajvansh

Prime Minister Elm

So we all notice my Prince. (Courtiers giggle). May I suggest something, if Your Highness permits. You are already on the right path Prince, you know that you make mistakes. Imagine yourself riding this magnificent beast down the mountains towards the Sun. Imagine the good things out there. Make a list of all your “I never” and try and consciously change it to the beautiful Nature surrounding you. Pray to the Flower Spirits to help you with this.

Mantri

King Oak

Well said, my dear Elm. Sadhu Sadhu (Courtiers echo Sadhu Sadhu). Go prince and get yourself checked up. Now where is my Prince Hornbeam. I hope he has got up. Oh, it's a Monday today!

Prince Hornbeam

(Prince Hornbeam walks in yawning and muttering) Flower Spirits, help me from these Monday mornings. Someone please give me a pot of coffee. Oh why does a new day come, every week?

Rajvansh

# Pushpagana – Scene 1 Kings Courtroom

King Oak	Prince Hornbeam, you were not like this as a child. You were so curious, looking at the tadpoles, the bees and Nature. I think you have strayed away from the path a little bit. I have a suggestion, once you have your coffee, pack you bags and go and help Uncle Vervain with the Mahamari efforts. Meet new people, find ways of helping our citizens in the North. May the Flower Spirits help you regain your younger days of fun.
Prince Hornbeam	I will do so, Your Highness. I have felt that I cannot go on with life like this. Let me get that coffee, with permission, father.
King Oak	Dwarpal, what is that commotion outside?
Mr. Agrimony Laghari	Oh its only me Your Highness. (person with a joker dress enters upside down walking on his hands)
King Oak	What's happened to you? Did the fire in your house yesterday night hurt your feet badly?
Mr. Agrimony Laghari	Oh no Your Highness, I was all fired up to come to the palace after the fire yesterday but I could not find my belt and therefore I came upside down to prevent my pants falling down.
King Oak	(Laughing). Oh please straighten up Agrimony. You always make me laugh. What was that commotion outside?
Mr. Agrimony Laghari	Nothing Your Highness, I just cracked some Mahamari (plague) jokes. The guards at the door did not understand it. So I asked them to be patient. It normally takes two weeks for someone to get it.
King Oak	Oh Agrimony, you are a terror. I want you to move into the palace quarters while they repair your house. It's a wonder how you can smile and laugh and put on a happy face while you suffer so much pain internally.
Mr. Agrimony Laghari	Thank you, You Highness, my family and I are ever grateful to you Sire. Now that I am staying at the palace, if I get quarantined for two weeks with my wife and I die. I can assure you it was not the Mahamari that killed me. (The court singer enters humming a tune)
King Oak	Lo, here comes White Chestnut. Is this a new composition my man?
Mr. White Chestnut	I could not sleep yesterday, Sire. This composition was running around my head like a broken record player. The same thoughts, the same emotions were circling like a whirlpool. Today morning I could write out the composition, You Highness.
Daasa	With your permission I would like to present it.
King Oak	Go ahead, lets hear what was all this circling thought in your sleepless mind.

# Pushpagana – Scene 1 Kings Courtroom

**Mr. White Chestnut**  
**Daasa**

You know you can't keep letting it get you down  
And you can't keep dragging that dead weight around  
If there ain't all that much to lug around,  
Better run like hell when you hit the ground  
When the morning comes  
When the morning comes  
Can't stop those kids from dancing but why would you want to  
Especially when you're already getting good?  
'Cause your mind don't move and your knees don't bend  
But don't go blaming the kids again  
When the morning comes  
When the morning comes  
When the morning comes  
Let it go  
This too shall pass  
Let it go  
This too shall pass  
You know you can't keep letting it get you down  
No, you can't keep letting it get you down ...

**(Courtiers sing the chorus)**

**(Curtains)**



OK Go - This Too Shall Pass - Official Video  
<https://www.youtube.com/watch?v=qybUFnY7Y8w>  
Last accessed 28 May 2020

# Pushpagana – Scene 2 Queens Zenana

**Bhagvatha**  
**(The narrator)**

The Maharani of Pushpanagari was a devout soul. She considered the citizens of Pushpanagari all her children and supported the Maharaja in his mission to help the citizens. The Flower Spirits helped her in her endeavour. She managed the palace very well while the king held his court. One day in the Maharani's zenana ...

**Maharani Red**  
**Chestnut Rajvansh**  
**Ms. Mimulus Purohit**

What are you looking up at the roof for, Mimulus? There your husband keeps looking up at the skies missing his dinner and here you are also looking up at the roof and not helping me with the sari folds.

Oh I am sorry Maharani. I think I heard a lizard chirp. Hark there it goes again. I am really scared of lizards, mice, frogs, cockroaches, spiders, snakes ...

**Maharani Red**  
**Chestnut**  
**Ms. Mimulus Purohit**

Oh stop it Mimulus, you remind me of my biology tutor. I have a feeling you tend to bring all the creatures into the palace just by thinking about them. Calm down, I am here to look after you. You help me with this fold now.

Maharani, do you know what happened yesterday night. Aunt Aspen had one of her visions again. She got up from sleep all shivering like a leaf in a breeze. Her eyes were rolling around and she screamed aloud. Then she made some prophecies...

**Maharani Red**  
**Chestnut**

Well, go on now. You have a bad habit of stopping at the right moment, what did she say? She sometimes fears things she cannot explain. Once she got so scared when I dropped the spoon near her! I have been very careful ever since. She is really connected with the Spirit World. Did she say anything about the Mahamari?

**Ms. Mimulus Purohit**

Maharani, Aunt Aspen, said that this Mahamari will not go that easily. We have sinned against Nature and given Her a lot of pain. We need to mend our ways and pray for forgiveness.

**Maharani Red**  
**Princess Larch**  
**Rajvansh**

Oh bless her. Let us go and tell others. I have wasted a lot of time on this thick sari as it is.

Oh, Mother, I wanted a word with you. I want to do something but I feel scared and I don't seem to have the earlier confidence these days. I don't know what to do, Mother.

**Maharani Red**  
**Chestnut**

Princess Larch, child, just because mother Holly said something about your singing when you were a child you have developed this problem. You know what you are, and you know how she is. You take baby steps, child. Mimulus can help with your singing lessons. Start small and take small risks, learn new things once in a week. Whenever you find yourself saying "I could never do it", bite your tongue. I am figuratively speaking child, you understand, no!

# Pushpagana – Scene 2 Queens Zenana

Ms. Mimulus Purohit  
Maharani Red  
Lady Heather Khatri

Oh, Maharani, here comes Aunt Heather and her dreadful sinuses. Let us walk fast, I beseech you, Maharani.

**(Smiling)** You cannot hurry royalty, Mimulus. However, We will hurry along without being very obvious.

Maharani, Maharani, I need to talk to you about myself. I **(giggling)** don't find any other topic anyway. Were you in a hurry? I hope you were not trying to avoid me, I find many people avoid me these days. Oh what did I want to talk you about. Dear me I have forgotten it completely. Was it my sinuses, or the new dress that I wanted made, for was it the about this new diet I am trying to find ...

Maharani Red  
Chestnut

Aunt Heather, with due respect, I would like to suggest something to you. Why don't you try to be interested in others if you want to be interesting? Please learn to listen to what people have to say. Why don't you go out and help the people out there? I heard Maharaj is setting up kitchen, why don't you manage that. I am sure people would love to try out your lovely dishes. **(Aunt Heather looks up surprised)**

Lady Heather Khatri  
Maharani Red  
Princess Centaury

Oh, can I? There will be so many people there. I am sure to find some ears there. **(Maharani sighs resigned)**

Princess Centaury, where are you running away with that mop? What is all this hurry?

Oh Mother, I need to wipe up the spill outside my room, I have to make sister Larch's bed, Aunt Aspen wanted me to apply the balm on her head, and then I have to rush to Grandmother Honeysuckle and listen to how grandfather looked after the citizens of Pushpanagari, and then ....

Maharani Red  
Princess Centaury  
Maharani Red  
Chestnut

Hold on dear, when are you going to get your hair groomed. Daasi said you have been postponing it very often.

Oh mother, where is the time for me to do all that. I have to do so many things, I have never been able to say No!!

Child, slow down. You are indeed a helpful soul. But child, remember everyone has to shoulder their responsibilities. You need to find that lost desire and path that you wanted to follow. Find that spark again, child. Find that purpose and start saying no in a mild manner. Let people get used to it. Now go along get your hair groomed and then see what you need to address for the day. Weigh you priorities and let there be tasks that will help you achieve your goal in life in that list. Now run along, and dear, on the way please tell our confused cook to come and meet me.

Princess Centaury

**(Smiling)** I have to get my hair groomed Mother. Oh don't worry I will tell him. **(runs away giggling)**



# Pushpagana – Scene 2 Queens Zenana

Queen Mother  
Honeysuckle

There you are, I have been sitting here waiting for all of you to join. In my days we used to start so early. There, was so much to do. Your, father-in-law, the Maharaja, ruled Pushpanagari with a strict hand. Times were so good, there were plenty of flowers in the mountains and the valley. There was no Mahamari, famine or enemies at our borders. Oh, those were the days!

Maharani Red  
Chestnut

Good morning Venerable Mother, times have indeed changed. But your son, the present Maharaja is striving hard to walk in his esteemed father's footsteps. He and I are so worried about our citizens. Aunt Aspen's predictions don't help us any.

Queen Mother  
Honeysuckle

My father, ruled the distant, kingdom of Yadgiri. I remember starting the day early, learning my music lessons on the balcony, looking at the rising sun. I could hear the temple priest chanting the mantras in the courtyard, the bells of the cattle being led to the outskirts. **(She seems lost to this world)**

Maharani Red  
Chestnut

Venerable Mother, I am sure you can help the situation in the present. There are so many people who need advice and the knowledge of the bygone eras to the build up their hope. Would you care to do something? Princess Larch can join you in case you want to do something in the present, Mother. Mimulus will help make you comfortable if you would like to meet the people of Pushpanagari and listen to their woes and suggest "Parihara" (solution).

Queen Mother  
Honeysuckle

That is good idea dear. You seem to worry about everyone these days. Mimulus you should take care of her in a better manner. Look, she has dark circles around her eyes.

Ms. Mimulus Purohit

Maharani is by nature like that. She worries about the princes not coming home in time. Now that Prince Hornbeam will go and help his uncle, she is imagining all sorts of dangers on the way and the onset of Mahamari is not helping any. She imagines the worst that can happen. What do I do to help her, Venerable Mother?

Queen Mother  
Honeysuckle

You need to take some of your own advice dear. You are scared of this world and you tend to project it on your dear ones. The negative thoughts that you project can have the power to harm them. Instead dear, imagine a beautiful world for them and project your positive energies to aid them in their dreams. Let them sail forth on their own wings. You need to dissociate from them and let them find their place in this world. You have managed very well striving for your ups and fighting your downs in life. I know it very well dear. Let them do the same. Wish them well and pray to the Flower Spirits to aid them in their Path.

Queen Holly Rajvansh

Oh its so nice to see mother-in-law and daughter-in-law sharing the stories of life. It never happens in stories and in the real world. Mimulus did the sun rise from the East today?

# Pushpagana – Scene 2 Queens Zenana

**Queen Mother**  
**Honeysuckle**  
**Ms. Mimulus Purohit**  
**Queen Holly Rajvansh**  
**Queen Mother**  
**Honeysuckle**

Why so much bitterness, Holly dear? I have seen you from the day you came to Pushpanagari, you have been always angry, bitter and jealous. And what is this green rouge you have applied so early on the face. It goes well with your emotions dear.

**(Giggling)** It is a new fashion Venerable Mother. It is about expressing inner feeling on your face.

**(Snorts)** You have given too much freedom to Mimulus, Elder One.

Take my advice Holly dear. Times are not very good. You need to stop doing this. It only harms you. You have everything in life. You have also brought up you son Prince Willow in the same manner. Take stock of what you have. You need to look at the flowers more often, dear. Take the happiness from them. Tap into that Universal Love that they personify. Appreciate the small things in life. This Mahamari will teach you all that. In a way this Mahamari is helping us all relook at our lives and what we have done so far. Make a list of all that make you angry, dear, burn it at the end of the day, and let the flames remove that bitterness from you life.

**(Prince Willow walks in, lamenting)**

**Prince Willow**  
**Rajvansh**  
**Maharani Red**  
**Chestnut**  
**Prince Willow**  
**Rajvansh**  
**Maharani Red**  
**Chestnut**

Oh why does life treats me so. Why am I the only person this Universe has to target. There are some many people in this world and I am the only one who suffers.

See Holly, this is what Venerable Mother was talking about. Prince Willow, what are you doing in the zenana instead of riding out like a prince should do. Why don't you help your father?

Oh Mother, I cannot help feeling this sourness of resentment that raises in my body. It is only that which flows in my veins these days. Things always go wrong with me. It was never my fault but the world is so unkind to me.

Child, you have gotten used to this and it has become a habit. You are capable of many things dear, you just need to assert it yourself. Just believe that you are responsible for everything in life and what you see around you. If you see a bad world you are responsible for it. So, then, you have the power to make it look good. Say to yourself "I can". And then you definitely can. You will see people coming forward to help you realize your dreams because you are responsible to make it happen. The Flower Spirits will never let you down. Take their help. Make a list of all your resentments and see how they look funny after some time. Go child, go out and make it happen. Let not anything stop you.

# Pushpagana – Scene 2 Queens Zenana

Ms. Mimulus Purohit

Ms. Chicory Kulkarni

Here, comes Chicory. Why are you crying? What has happened?

Oh, the princes are all gong away to far lands. They will live so far away. My daughter has gone to apprentice with Doctor Olive. She wants to stay in the hospital premises. I have given her so much of my life, I have brought up the princes like my own sons. But alas they don't talk to me now. They all want to go away with their lives. After all that I have done for them.

Maharani Red  
Chestnut

We all know that you have lots of love and you have brought up the princes and princesses up very well. But Chicory dear look at our children, what have they done? How do they compare to their illustrious father and grandfather. Let them go forth. It is difficult, I too worry about them a lot. My worry is a fear for the near ones and your worry is fear of losing that love. The love is not external dear it is all inside and you have lots of it to share with the world. You need to let go and you need to encourage the children to let go. We know the times are bad now. Let them go forth and find a place in the world.

Maharani Red  
Chestnut

Where is our cook Scleranthus now. Princess Centaury said she would send him in. That fellow is so confused and he cannot make his choices. I need to decide what needs to be done for the table today. He is like your husband Chicory dear. Mr. Cerato also cannot decide, but at least he asks. Our Prime Minister helped him decide they say. Lo, here he is.

Mr. Scleranthus  
Pandey

Maharani, I am confused. **(All smile and giggle)**. I have these two choice for the table today. Should I make Shahi Palak Paneer or Naavabi Paneer Palak. Its so confusing. I started chopping the Palak (Spinach) and the dicing the Paneer (Indian fresh cheese). Now I need to decide which one to put in the vessel first. Should it be the spinach to make Palak Paneer or should it be the Paneer to make Paneer Palak. Oh Flower Spirits please guide me.

Maharani Red  
Chestnut

Why don't you make Palak Paneer this Monday and Paneer Palak next Monday?

**(Goes away singing .. All chorus)**

The hills were alive with wildflowers  
And I was as wild even wilder than they  
For at least I could run they just died in the sun  
And I refused to just wither in place .....

Dolly Parton - Wildflowers  
<https://www.youtube.com/watch?v=7NX9UuRyt0E>  
Last accessed 28 May 2020

# Pushpagana – Scene 3 Olive Hospital

**Bhagvatha  
(The narrator)**

Doctor Olive Vaidya is struggling to find a cure and to help the Mahamari victims in his hospital and research centre. He is working long hours and has been away from his family for a long time. The number of patients incoming is increasing day by day. This is a day, a Monday, at his hospital ...

**Dr. Olive Vaidya**

Doctor Basu and Doctor Garg, I will get to the point straight away. We need to find a cure on priority. It does not matter if we cannot completely cure the patients of the Mahamari. We need to curtail the spread and save as many lives as possible. It has always been my belief that when the Universe brings in the diseases it also brings in the cure. Its for us to find this. Healing with the clean, pure, beautiful agents of nature is surely the one method all of which appeals to most of us. Let us find a cure among the flowers of Pushpanagari.

**Dr. Gentian Garg**

Doctor Olive, my team has been working on the cure now for more than two weeks. We think we find a cure then when we try it on other patients it does not work. I don't think we will ever find a cure for this Mahamari in time. Statistics say that 80 percent of our population will perish in this Mahamari. I have been calculating these and this is indeed imminent. I know that our guru is trying to fast to cure this dreadful disease, but sir, show me evidence that this is happening. Our intake is steadily increasing. I am very sure, sir, that we will not be able to find the cure.

**Dr. Olive Vaidya**

Doctor Gentian Garg, you were not like this. I remember you when you discovered the miracle cures that are still being used in our hospital. I understand that a few cure did not work and you lost some people. But that is a small setback. You have somewhere become very cautious and lost the connection with your inner self. What is it trying to tell you. Let not statistics , logic and a scientific mind cloud your thinking. Look within you. What do you hear? Do remember the Monarch butterflies go through four or five generations before they reach their destination in the great migration. This is a miracle of the Nature. Do believe in that.

**Dr. Walnut Basu**

Sir, I believe the cure may lie in the Northern hills. That is the place that is affected by Mahamari to the maximum. I have tried to find the cure among the flowers locally. I have not found any so far. I would have loved to go, sir, but I cannot leave my family behind. I am so attached to the house, the surroundings, the people here. My wife is also from a place nearby and she may also find it difficult to leave everything behind. I am not sure I am ready for this change, sir.

# Pushpagana – Scene 3 Olive Hospital

Dr. Olive Vaidya

Well said Doctor Walnut. Remember, change is inevitable. Today's world is ever changing. I had planned so many things but I have not been able to go home, afraid of contaminating them. This has been a major change. We need to adapt to these to survive. You know at heart that you are the right person for this. Discuss with your wife. Perhaps both of you can move and find the cure together. I can make all arrangements at our plant collection centre in the hills. May the Flower Spirits help you break the ties for the betterment of humanity. Doctor Gentian, I want you close by and I want you to relook at your cures. Perhaps a combination of these can help. Lets move people.

Dr. Olive Vaidya

Oh I am so tired. It seems like I have exhausted all my energy and hit the absolute limit of endurance. Let me doze a little.

Ms. Wild Oat Kulkarni

May I come in, Sir. Sir, I am Wild Oat Kulkarni. I have joined today as an apprentice.

Dr. Olive Vaidya

Oh, I know you child. You are Cerato Kulkarni's daughter. He was here discussing the pros and cons of lockdown. I heard he has finally decided to lockdown the city. I am really relieved.

Ms. Wild Oat Kulkarni

Sir, father had a little help from the Prime Minister, is what I understand. Sir, may I get you a coffee or something you seem very tired.

Dr. Olive Vaidya

Bless you, Child, the coffee will not help my state of utter exhaustion. See that brown bottle with my name written on it. Please, bring me that. Oh Flower Spirits, I don't even have the energy to get the bottle myself. **(Takes a few drops and suddenly smiles, looking very bright)**

Ms. Wild Oat Kulkarni

Oh, its magic, Sir. What is the elixir in the bottle. Is it a magic potion?

Dr. Olive Vaidya

It is somewhat like magic. Far in the lands of Bikaner, there is a field of these plants with beautiful flowers. They are not from India but brought from the far western shores. These small white feathery beautiful flowers, bring in a vibration that cures exhaustion miraculously. I have named it Olive elixir, you see child, being me has its advantages. **(Smiles)**. Now lets talk about you. It will help me also relax. What do you plan to do?

Ms. Wild Oat Kulkarni

Sir, I, like my father cannot decide. I am presented with so many choices. I have a basic degree in botany, I have studied nursing as a course. I am interested in singing and I have got through the exams on music. I cannot decide, should I be a nurse, should I be a singer or should I take up research on flowers. Perhaps I will find my calling here at the hospital.



# Pushpagana – Scene 3 Olive Hospital

**Dr. Olive Vaidya**

You are indeed, young and have many talents. Remember, every single person has a life to live, a work to do, a glorious personality, a wonderful individuality. Life, you see sometimes forces us to do somethings that we don't like but it provides us the money to support the family. Then, there are things close to our soul that we would really like to do. It is indeed a very rare person who finds his calling, uses it for his sustenance and support and goes on with his life. You need to look at yourself and see what suits you best. You can juggle the nursing and flower research here. Feel free to explore. Evenings you can relax and help the nurses and doctors struggling to relax with your songs. I would personally love to hear you sing. Flower Spirits willing you will decide on what you want to do. I have to now attend to my patients, can you please send in the first person. All the best dear.

**Dr. Olive Vaidya**

**(Looking at the records)** You are Ms. Sweet Chestnut Mali and this is your first visit to the hospital, I see. You have indicated that you feel depressed and that you seem to have lost all faith. This seems to have started a little way back in life. Please tell when did this happen.

**Ms. Sweet Chestnut Mali**

I wanted to be a dancer. But after marriage I could not take this up. My husband's business was not doing well so I had to take up job. I did not like it at all but I had to take this job. We were managing all right but my husband started suspecting me and beating me sometimes. I was at the end of my tether. Life seemed hopeless. I lost all faith in the Flower Spirits. **(Starts crying)**. Yesterday my husband threw me out. I have an aunt who stays nearby here. She asked me to meet you. I feel that I am trying to swim in the turbulent dark waters and there is no light. I dream of this and wake up choked.

**Dr. Olive Vaidya**

I am happy that you have come here, child. Things will improve now. I am also happy that you did not give up hope and have come here. I will give a few drops of the potion now. **(rings bell, Wild Oat comes with a potion)**. Wild Oat, please make sure that she sits in the corner chair in the contemplation corner. Please meditate on yourself. Just let the events run through your mind. See it like a drama in front of your eyes. Feel relaxed. You will find your faith and peace. See me in two hours.

**Dr. Olive Vaidya**

Ms. Star of Bethlehem, please be seated. I have called you here because I have some bad news for you. Mr. Gorse Gupta who came here for his usual check up has been diagnosed positive for the Mahamari.

**(Screams and falls, Wild Oat comes running in hearing the scream)**

# Pushpagana – Scene 3 Olive Hospital

Dr. Olive Vaidya	Quick, get that bottle of Rescue Remedy on the shelf. Put a few drops on her lips and fan her gently. She will come through. Please be around. <b>(Ms. Star of Bethlehem sits up, she is in a shock)</b>
Ms. Star of Bethlehem Gupta	I do not believe this. I feel so numb. He was already resigned to fate and fighting a hard battle to overcome his chronic disease. Why did this happen, why is the Universe so unkind to me?
Dr. Olive Vaidya	You are in a shock now, Ms. Bethlehem, and you have become numb because of the sudden news that I have given you. Emotions are like a fluid that move in your body. Your mind has blocked them to help you with the shock of the news. Please sip this medicine while we talk. I need you to be strong to face the reality after this sudden trauma.
Ms. Star of Bethlehem	<b>(Sobbing)</b> I am okay now. What do I need to do now. There is no one in our home. Will I be also positive?
Dr. Olive Vaidya	We will check you up. Meanwhile, we will make arrangements for you to stay with your husband here. We can meet him now if you are okay. <b>(Mr. Gorse Gupta is wheeled in.)</b>
Mr. Gorse Gupta	Doctor, I knew I am destined to pass on with some disease or the other. I should have just stayed at home and gone on my way. I feel the futility and hopelessness all over again. I have got treated for the ailment so many times. There has been little improvement. I should not have come here, but she insisted so I agreed. And now I have the Mahamari because I came here.
Dr. Olive Vaidya	Mr. Gorse, I understand your mental state very well. You have been tested positive. It does not mean that you will have a worst case scenario. It is quite likely that you will be cured of it the Flower Spirits willing. Suffering is a corrective to point out a lesson which by other means we have failed to grasp, and never can it be eradicated until that lesson is learnt. Please feel positive and see where else can you contribute in this life. Let us make arrangements for both of you to stay here.
Lady Cherry Plum Rajvansh	Doctor, I have this insane urge to cause harm to people. I throw things at my husband, I shout at my children, I overeat and overdo my spending. I have these sudden impulses and urges. I don't know what is happening to me. I do not know how to go on, and I can no longer see my way out. It would be terrible to be shut up in an asylum. Please do not put in in an asylum.
Dr. Olive Vaidya	Lady Cherry Plum, please be assured that you will have a cure for this. There are many who visit us with your emotions. There is nothing wrong with you other than your emotions running away without any control. We will set things right. You do not have to go to an asylum. All we have to do is preserve our personality, to live our own life, be captain of our own ship, and all will be well. You know, Wild Oat, Mr. Kulkarni daughter, she will take care of you.

# Pushpagana – Scene 3 Olive Hospital

Woman

Someone please help me, please help my child.

**(Woman enters holding a child injured and bleeding. Doctor Olive and Wild Oat rush to them, the child is taken away)**

Dr. Olive Vaidya

Wild Oat hold this woman. Put a paper bag on her face. Lady, please breathe slowly.

**(Woman faints and Wild Oat puts a few drops of Rescue Remedy on her lips)**

Dr. Olive Vaidya

You are learning fast Wild Oats. Please bring in the bottle of the Remedy labelled Rock Rose. This is an essence of the flower called Rock Rose. It is a bright yellow, saucer-shaped flower which appear from May until July. This helps in case of sheer panic. She has brought her child to the hospital and controlled her panic so far. This manifested now as she realised that the child would be safe. In cases of sheer panic, where the patients finds it difficult to breathe, has palpitations and seems frozen in terror like the mouse in front of the cobra, this essence will help. Incidentally Rescue Remedy that you gave her now has this essence as an ingredient. Well done, dear. Remember, seek the outstanding mental conflict in the person, give him the remedy that will overcome that conflict and all the hope and encouragement you can, then the virtue within him will, itself do all the rest.

Dr. Olive Vaidya

Oh Ms. Wild Rose, its good to see you. How are things with you?

Ms. Wild Rose Ashtari

Doctor, I don't think I should be taking medicines, what do I care if I have this problem. I will live with it. There is no point in building my hope up I think. **(Shrugs her shoulders in dejection)** There is no point in complaining because nothing will ever change. I will just drift through life. Life is a nuisance that has to be endured until the end. I am only wasting your time, doctor. I will go now.

Dr. Olive Vaidya

Oh, Ms. Wild Rose, please do sit. Sip on this medication while we talk. Your condition is definitely curable. Its is just that you have been going on about life like this for so long that your body and mind are used to this. There are beautiful things out there for you to see. Tell me one thing that you would like to see. Something that will make you really happy.

# Pushpagana – Scene 3 Olive Hospital

**Ms. Wild Rose Ashtari** (Slow hesitant smile) I would like to see the rain drops falling, with a bright sunshine, behind. Can you make it happen, doctor?

**Dr. Olive Vaidya** I am not a magician, but if you so wish Ms. Wild Rose, it is not very difficult. You see the Flower Spirits are out there to help you. Now come to window and see, what your wish has done. See, its already raining and its bright and shiny. Did I not say so. See the bright yellow flowers shining in the sun and the raindrops falling on them. Come listen to the flowers sing.

**Ms. Wild Oat Kulkarni** (Ms. Wild Oat sings. All join in the song)

Under the deep footprints of the chilly winter wind, it blooms alone  
As I wander, having found the reason I met you after my birth, the white sighs that disperse, pale, are frozen tears where may the end of this season be  
If there's an eternity hold on, hold on, hold on  
I will take it away before you stumble  
I will stay by your side until you survive  
That you'd bloom ...

(All actors come on stage and sing)

(Curtains – The End)

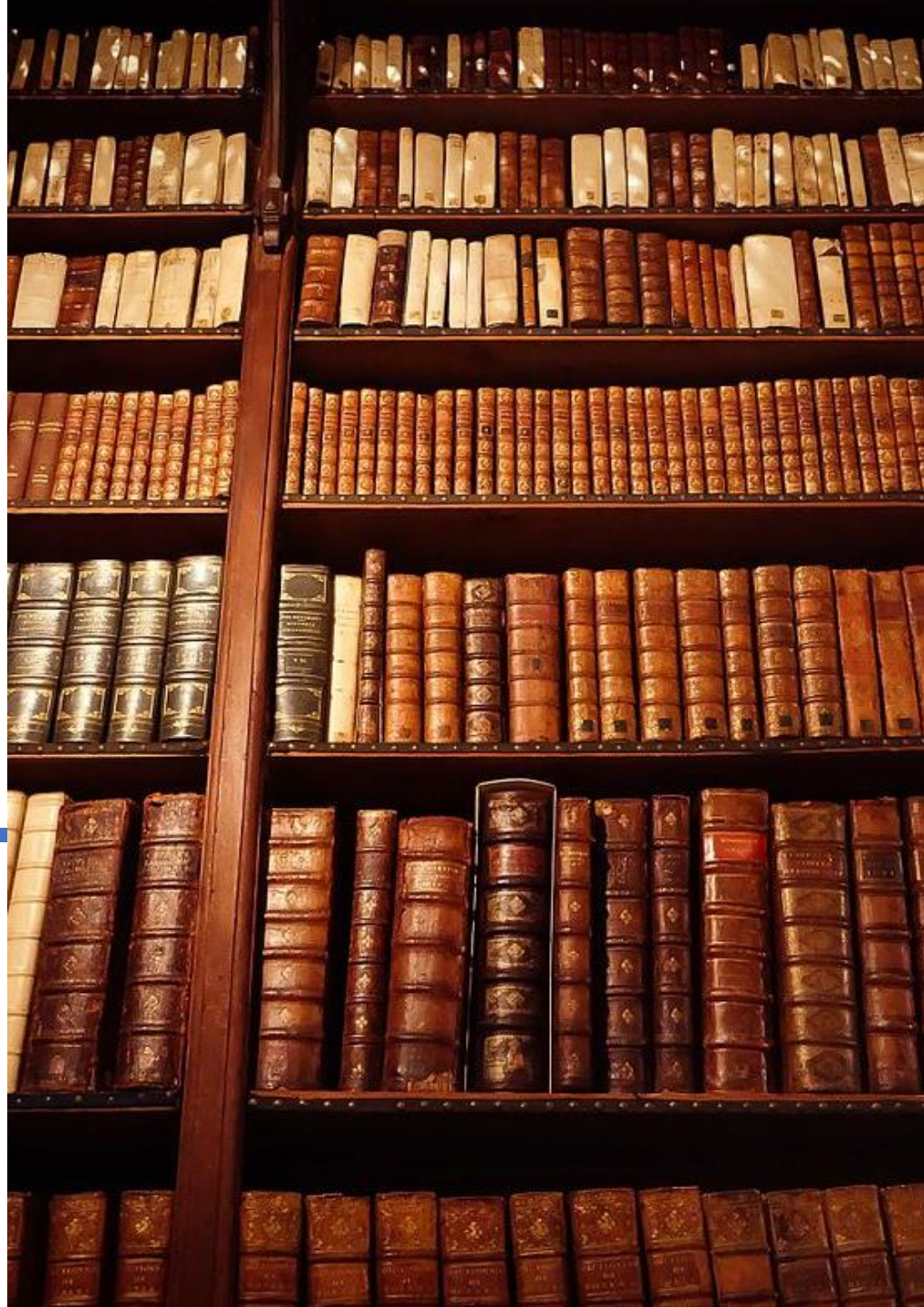
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Bach Center Mount Vernon	<a href="https://www.bachcentre.com/new/en/about-us/">https://www.bachcentre.com/new/en/about-us/</a>
Nelsons Bach Remedies	<a href="https://www.bachremedies.com/">https://www.bachremedies.com/</a>



I am Yogananda Jeppu and my wife is Mamatha Jeppu. We are not qualified Bach Remedy practitioners nor are we qualified homeopaths. I think the only qualification that we have is that we strongly believe in Homeopathy and have been using it to cure our ailments in life. We have two children and we have used Homeopathy medication for them too.

Mamatha is a homemaker having opted to bring up our children rather than use her MSc degree for a gainful employment. She is an University rank holder in Geology from the Calicut University, India. She started reading up on Bach Remedies when our kids left for their college and the house was empty and she wanted something to do. She started taking notes from the books we bought on this subject and the internet. It is a good diary full of recorded text, our emotions and remedies we have tried.

I have a PhD in Electrical Engineering and work as an engineer in an aerospace company and the recent Corona pandemic kept me at home on leave. I thought of converting all the notes into a PowerPoint presentation. It turned out to be a good idea and we really researched this subject. Our set of Bach Remedies arrived just before the Nation wide shutdown and we have been analyzing our emotion and taking these medicines. We find a marked improvement and this work is partly because of the positive vibrations. Please use it and let us know if it is worth the effort. We will be printing a copy of this and keeping it as a ready reckoner at home. You can do the same or use it as a PowerPoint type display.  
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